

BEGINNERS

Are you New to Yoga? Looking for a thorough foundation of Iyengar Classes?

The hallmark of “the Iyengar style of yoga” is its clear, step-by-step, progressive method which ultimately makes the whole field of practice attainable to every individual. What better hands to be in than a selection of the best known, most experienced, and most dedicated Iyengar yoga teachers from all around the world. The Beginner’s Track will give you an in-depth experience of yoga that will put you on the right path, and give you the pleasurable, nurturing, and thorough experience of yoga you are looking for. This path of classes through the 5-Day Intensive will provide you with a foundation to yoga that will keep you on your yoga marga or “path in yoga” for the rest of your life. Have fun...learn...be inspired...challenge yourself...and be creative!

MONDAY JULY 9

103 7:00 AM 8:30 AM *ANNEMIEKE POST*
PRANAYAMA: ABSORBING THE ENERGY OF LIFE

128 10:30 AM 12:30 PM *ROS BELL*
INTRODUCTORY IYENGAR YOGA

149 4:00 PM 6:00 PM *JUDI SOFFA*
BEGINNING PRANAYAMA

TUESDAY JULY 10

205 8:00 AM 10:00 AM *LAURENCE O'TOOLE*
RECHARGING THE BODY BATTERY

228 10:30 AM 12:30 PM *H SARUN*
YOGA ON THE BELTWAY

249 4:00 PM 5:30 PM *RAMANAND PATEL*
ASANA PRACTICE BASED ON SUPTA
PADANGUSTASANA SERIES TO YOGA
NIDRASANA—A PHYSICAL APPROACH

294 7:30 PM 9:00 PM *H SARUN*
IN THE BEGINNING WAS THE “WORD”

WEDNESDAY JULY 11

301 7:30 AM 9:30 AM *JUDI SOFFA*
LOOKING AFTER YOUR HIPS IN THE STANDINGS
POSES—FOCUSING ON THE ALIGNMENT OF
THE FEMUR HEADS AND THE PELVIS

327 10:00 AM 12:30 PM *FELICITY GREEN*
BEGINNING PRANAYAMA
(PART 1 OF A 2-PART SERIES)

345 4:00 PM 6:00 PM *AGNES MINEUR*
TWISTS: HOW TO START, AND HOW TO GO
WITHIN

394 6:30 PM 9:00 PM *CHRISTIAN PISANO*
FOUNDATIONS OF PRACTICE

THURSDAY JULY 12

404 8:00 AM 10:00 AM *ANNEMIEKE POST*
YOGA FOR LIFE

434 10:30 AM 12:30 PM *FELICITY GREEN*
BEGINNING PRANAYAMA
(PART 2 OF A 2-PART SERIES)

450 4:00 PM 6:00 PM *CATHY ROGERS*
KEEP THE CONTENTS IN THE CONTAINER

489 7:00 PM 9:00 PM *JUDI SOFFA*
YOGA PRACTICE AND THE MENSTRUAL CYCLE

FRIDAY JULY 13

517 7:00 AM 9:00 AM *AGNES MINEUR*
ACTION AND REACTION FOR THE LOWER BODY:
ASANAS TO PRACTICE EVERY DAY

