

**THE IYENGAR YOGA STUDIO, EAST FINCHLEY**

Yoga House, Leicester Road, London N2 9EA

Website:[www.tiys.co.uk](http://www.tiys.co.uk), Email: info@tiys.co.uk

**Schedule of regular classes**

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| --- | --- | --- | --- |
|  | **Class** | **Time** | **Teacher** |
| **Monday** | General | 9.30 am | Patsy |
| Therapy\* | 11.15 am | Patsy |
| General | 6.15 pm | Kate |
| Beginner  | 8.00 pm | Gene |
| **Tuesday** | General/beginner | 9.30 am | Wendy |
| Therapy\* | 11.15 am | Patsy |
| Intermediate\* (2 hours) | 1.00 pm | Patsy |
| Beginner | 6.15 pm | Gene |
| General | 8.00 pm | Wendy |
| **Wednesday** | General/beginner | 9.30 am | Fran |
| Intermediate (2 hours) | 11.15 am | Patsy |
|  |  |  |
| General | 8.00 pm | Patsy |
| **Thursday** | General | 9.45 am | Tessa |
| Post-therapy/Slower | 11.30 am | Tessa |
| Teen\* (1 hour) | 5.00 pm | Alison |
| Beginner/general | 6.15 pm | Nita |
| Intermediate  | 8.00 pm | Darren |
| **Friday** | General | 9.30 am | Patsy |
| Intermediate\* (2 hours) | 11.30 am | Uday |
| Therapy\* | 1.45 pm | Patsy |
| **Saturday** | General | 9.30 am | Wendy |
| Beginner (75 minutes) | 11.15 am | Wendy |
| **Sunday** | Sunday class | 10.00 am | Gene |

\*No drop-in to starred classes. Please contact the teacher.

All classes are 90 minutes long unless stated otherwise.

Additional classes at the Studio:

* Saturday monthly intermediate workshop – contact Helen for details.
* Restorative for pranayama – contact Nita for details.
* Six week foundation courses – contact Gene about the next course.

Price list:

|  |  |  |
| --- | --- | --- |
| **Class length** | **Drop-in rates** | **Pre-paid rates (members only)** |
| Non-members | Members | Ten classes | Five classes |
| 90 mins | 16 | 14 | 120 | 65 |
| 120 mins | 17 | 15 | 130 | 70 |
| 75 mins | 15 | 13 | 110 | 60 |

Contact Gene or Alison to enquire about the cost of the teen class.

Membership of the Studio costs £50 per year from 1 January to 31 December. Cost is pro rata for those joining after January.

**Teacher contact details for class enquiries:**

Patsy 07813 000540 patsyyoga@aol.com

Gene 07973635765 genewilcox56@gmail.com

Wendy 07967649871 wendysykes@btconnect.com

Alison 07903198303 missalipreston@yahoo.co.uk

Darren 07801 481801 darren@healingforlife.co.uk

Fran 07815 648736 frannixon@gmail.com

Helen 07786 546691 helen@helensyoga.com

Kate 07967 240795 yogakate08@gmail.com

Nita 07917 667767 nita1s@hotmail.com

Tessa 07973 279741 tessabull@gmail.com

Uday 07412 663850 udaybhosale@gmail.com

**General contact details for the Studio:**

Email: info@tiys.co.uk (preferred method)

Telephone:02088151918