# [TIYS%20logo](http://www.tiys.co.uk/left.htm)

# Iyengar Yoga Studio, East Finchley

# Winter 2018 Newsletter

**Last classes** before the holiday break will be on Sunday 16 December. The Studio reopens on Wednesday 2 January.

**Workshops** over the holidays are with Nita (16 December 12.00-3.00 [nita1s@hotmail.com](mailto:nita1s@hotmail.com).) and Patsy (30 December 10.00-1.00 [patsyyoga@aol.com](mailto:patsyyoga@aol.com)).

**Iyengar Yoga Day** is on 19 January 2019 and we are running two free classes for beginners, at 2.30 (with Nita) and 4.00 (with Deborah). Email us on [info@tiys.co.uk](mailto:info@tiys.co.uk).

**Bob’s Café** in Muswell Hill hosts early morning classes on Wednesday in partnership with us. Gene is teaching in January from 7.00 to 7.45. Price is £10 and includes a free smoothie. Contact Lauren [lauren@laurelcanyonventures.com](mailto:lauren@laurelcanyonventures.com)

**Membership** renewal has begun. The price is still £50 for the year; £45 if you renew before the end of December. Forms at the Studio and on [www.tiys.co.uk](http://www.tiys.co.uk)

**Prices** are going up for the first time in four years. Apologies. New rates below:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Drop in** | | **Pre-paid (members only)** | |
| Non-members | Members | Book of ten | Book of five |
| Two hour class: | 17 | 15 | 130 | 70 |
| One and a half hour class: | 16 | 14 | 120 | 65 |
| One and a quarter hour class: | 15 | 13 | 110 | 60 |
| One hour class | 14 | 12 | 100 | 55 |
| Foundation: | £65 six classes pre-paid (includes 2 additional free classes) | | | |

There will be some **changes to the timetable** in 2019, including:

* All ‘New Beginners’ classes have been re-labelled ‘Beginners’
* Gene is taking over the Beginners class on Monday evening at 8.00pm
* Patsy is starting a new Therapy class on Tuesday at 11.15am
* The Tuesday evening Beginners class will start at 6.15 and last for 90 minutes
* The Wednesday 6.30 class will run as a Foundation for 6 weeks from 16 January
* Gene’s Sunday morning class will last for 90 minutes (now called ‘Sunday’ class)
* Nita’s twice monthly restoratives have been renamed Restorative for Pranayama and will focus on opening the body for pranayama.

Have a great holiday season

Love from Patsy, Wendy and Gene