

# Y~Knot?

The Newsletter of the Hobart School of Iyengar Yoga  
May 2018

## WINTER BREAK

THE LAST CLASSES WILL BE ON MONDAY MAY 28<sup>th</sup>.  
CLASSES WILL RESUME ON SUNDAY JULY 1<sup>st</sup>.

## TIMETABLE CHANGES

From July there will be 4 time changes to the regular classes:  
Monday 5:30PM Level 1 class will move to Tuesday 5:30pm  
Tuesday 5:15 PM Level 2 class will move to Monday 10AM  
Wednesday Level 1 Class will start 7:15PM (instead of 7PM)  
Friday 5:15pm Individual Needs Class will move to Thursday 4:15pm

## NEW CLASS TIMETABLE FROM JULY 2018:

### MONDAY

10-11:45AM Level 2

### TUESDAY

5:30-7PM Level 1

7:15-9PM Level 2

### WEDNESDAY

6:30-8AM Level 1

10-11:30AM Level 1

5:15PM-7PM Level 2

7:15PM-8:45PM Level 1

### THURSDAY

6-8AM Open Practice

4:15-5:25PM Individual Needs Class

5:30-7PM Level 1

7:15-8:45PM Catch-up Class (last Thursday of the month only)

### FRIDAY

6:15-8AM Level 2

### SATURDAY

6:45-9AM Open Practice

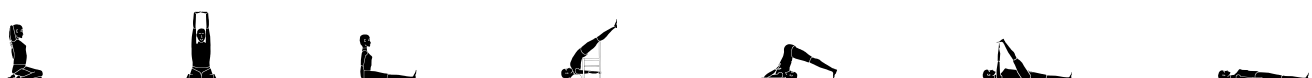
8:15-9:15AM Yoga-Sutra/Philosophy Class (last Saturday of the month only)

9:30-11AM Level 1

11:15AM-12:15PM Back Care Class (Starts Saturday July 21, 2018)

### SUNDAY

9:30-11AM Level 1





## PRACTICE COURSES

During the June break Naomi will conduct a Level 1 and a Level 2 Practice Course. Her intention is to provide a secure foundation for those students wishing to establish a yoga practice and to provide new stimulus for those students with an existing practice.

The courses are not suitable for certified teachers, nor for students who are pregnant, or working with a shoulder injury.

Cost is \$160/student.

Enrolment is limited to a maximum of 15 students per course.

Students should purchase the following book beforehand:

For Level 1: How to Use Yoga (Mira Mehta)

For Level 2: Yoga The Iyengar Way (Mira Mehta et al)

Both books are available from The Book Depository.

### June Level 1 Practice Course

Tuesdays 5:30-7:30pm and Thursdays 5:30-7pm

Tue 5<sup>th</sup>/Thur 7<sup>th</sup>

Tue 12<sup>th</sup>/Thur 14<sup>th</sup>

Tue 19<sup>th</sup>/Thur 21<sup>st</sup>

Tue 26<sup>th</sup>/Thur 28<sup>th</sup>

### June Level 2 Practice Course

Saturdays 9:30-11:45am and Sundays 9:30-11:15Am

Sat 1<sup>st</sup>/Sun 2<sup>nd</sup>

Sat 8<sup>th</sup>/Sun 9<sup>th</sup>

Sat 15<sup>th</sup>/Sun 16<sup>th</sup>

Sat 22<sup>nd</sup>/Sun 23<sup>rd</sup>

Students will need to secure their place with 50% deposit. If you are unsure whether will be suitable for this course please ask Naomi or Arjun.

Hobart School of Iyengar Yoga

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