



# Y~Knot?

The Newsletter of the Hobart School of Iyengar Yoga  
JUNE 2019

## WINTER BREAK

THE LAST CLASSES WILL BE ON SUNDAY JUNE 30<sup>th</sup>.  
REGULAR CLASSES WILL RESUME ON MONDAY JULY 22<sup>nd</sup>.

## WINTER INTENSIVES

Level 2 Monday July 15<sup>th</sup> to Friday July 19<sup>th</sup> 6:15-8AM

Level 1 Tuesday July 16<sup>th</sup> to Friday July 19<sup>th</sup> 6-7:30PM + Saturday July 20<sup>th</sup> 9:30-11AM

Cost: \$75/intensive    Bookings Essential

## BACK CARE COURSE

The next 6-week Back Care Course will commence on Saturday July 13<sup>th</sup>:  
Basic Yoga principles for managing back pain, especially recurrent or long-term.  
Suitable for beginner or experienced yoga students.

Saturdays 11:15AM-12:15PM Cost: \$128





## CLASS FEES JULY-AUGUST

WE WILL COMBINE THE LAST WEEK OF JULY WITH AUGUST  
REGULAR CLASSES RESUME MONDAY JULY 22<sup>nd</sup>

Sunday: 6 Classes: \$90

Monday: 6 Classes: \$90

Tuesday: 6 Classes: \$90

Wednesday: 6 Classes: \$90

Thursday: 6 Classes: \$90

Thursday Individual Needs 6 Classes: \$240

Friday: 6 Classes: \$90

Saturday: 6 Classes: \$90

Open Practice Thursday 6-8AM & Saturday 6:45-9AM: \$6/session

Yoga Sutra/Philosophy Class Saturday August 31<sup>st</sup>: \$6 (+ Open Practice \$12)

~

quadrangular mat:

where

does it end?

~

Hobart School of Iyengar Yoga

[www.hobartiyengar.com](http://www.hobartiyengar.com)

4a/105 Liverpool Street, Hobart 03 6231 2557

[enquiries@hobartiyengar.com](mailto:enquiries@hobartiyengar.com)

