

Y-Knot?

The Newsletter of the Hobart School of Iyengar Yoga

May 2009

Winter Class Break

The last classes before the Winter Break will be on **Saturday May 30th**.

Regular classes will resume Monday June 29th.

However, the Intensives and the Back Care Course will commence during the break from regular classes.

Winter Intensives

We plan to run a number of intensives (**Level 1 Beginners, Prāṇāyāma, and Level 2 Āsana**) over the Winter break.

The Level 1 Beginners Intensive will run as a series of Level 1 classes over a consecutive 5 day period. This is an opportunity for Level 1 students to familiarize themselves with a comprehensive selection of the Level 1 syllabus, and is also a useful way to help to begin to structure a home practice.

Level 1 Beginners Intensive dates:

June 22nd-26th 6:00-7:30PM Cost: \$72

Prāṇāyāma is the limb of yoga concerned with energy regulation via the breath. Compared with āsana there is a more internal focus, and prāṇāyāma practice is a useful bridge to the development of the more meditative aspects of practice. The minimum experience required to attend the prāṇāyāma intensive is 3 or more months of Level 1 classes.

Prāṇāyāma Intensive dates

June 15th-19th 6:45-7:45AM Cost: \$55



The Level 2 Āsana Intensives will be run as a series of **led practices** over a 5 day period. These provide an opportunity for students to learn new sequences and can help to initiate a home practice. For those students with an established home practice, an intensive serves as an arena to reflect on existing practices, as well as invigorating and consolidating them.

Level 2 Āsana Intensive dates:

June 15th-19th 6:00-8:00PM Cost: \$72

June 22nd-26th 6:30-8:30AM Cost: \$72

If you would like to enroll for any of the intensives, please leave a deposit (\$20/intensive) with your teacher.

Back Care Course

This 6 week course is recommended for any student - either new to yoga or already experienced – who wishes to use yoga principles to manage back pain, especially that which is recurrent or long-term.

Time: Saturday mornings 11AM-midday.

Starting date is **Saturday 20th June.**

Cost is \$84 (Back care practice sheet an additional \$6).

Bookings are essential.

Visit:

The Iyengar Yoga Association of Australia at www.iyengaryoga.asn.au

Sri BKS Iyengar's website at www.bksiyengar.com

Our website at www.hobartiyengar.com

