

Y-Knot?

The Newsletter of the Hobart School of Iyengar Yoga
December 2009/January 2010

Congratulations !

Sarah Peart recently sat and passed her Introductory Level 2 Yoga Assessment in Melbourne. Everyone who knows Sarah will recognize that she has worked with great application for this, and that it is well-deserved.

Sri BKS Iyengar 91st Birthday Celebrations

We will be celebrating this event on Saturday December 12th from 7-9AM with a free Led Practice suitable for Level 2 and 3 students. Booking is necessary.

December/January Class Break

The last classes for 2009 will be on **Monday 21st December**.

Regular classes will resume in 2010 on **Monday February 1st**.

January Intensives

Prāṇāyāma: Monday 4th-Friday 8th; 7-8AM. Suitable for all levels. Cost: \$60

Level 2 Evening Āsana: Monday 4th-Friday 8th 6-8 PM: \$72

Level 2 Morning Āsana: Tuesday 12th-Saturday 16th 6:30-8:15 AM: \$72

Level 1 Evening Āsana: Monday 25th-Friday 29th 6-7:30PM: \$72 (includes a class on Tue 26th Jan)

Please leave a \$20 deposit to secure a place.

Free Classes

Saturday 9th January 9:30-11AM

Monday 11th January 6:30-8AM

Monday 11th January 7-8:30PM

Thursday 14th January 5:15-6:45PM

These classes are only suitable for **new beginners**.

Booking is essential. For more information phone 62312557 or email enquiries@hobartiyengar.com



Price increase

Level 1 and 2 classes will increase to \$14/class (currently \$12). So a 4-week month of these classes will now cost \$56.

The fees for the other classes (Open Practice sessions, Individual Needs Class, Back Care Course, Private Class, and Level 3 class) will remain as they are currently.

For a number of years we have absorbed increased running costs, but (especially with the recent major increase in land tax) this is no longer possible.

Back Care Course

The next back care course will start on Saturday February 6th. 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.

Saturday mornings: 11AM-Midday

Cost: \$84 (optional laminated Back Care Sheet extra \$6)

Bookings are essential.

Unusual Momentoes

Arjun's *momentoes 108 yoga zappai* [zappai are a miscellaneous, irregular form of *haiku* regarding human behavior] appears in the **November 2009 edition 8** of *Unusual Work*, a magazine of writing and visual art edited by P.O. Copies of the magazine - which might make an Unusual Gift - are \$10/copy - and can be obtained by sending a cheque/money order to:

Unusual Work PO Box 2430 GPO Melbourne, Victoria 3001.

quadrangular mat:
where
does it end?

www.hobartiyengar.com

