

Y-Knot?

The Newsletter of the Hobart School of Iyengar Yoga

July 2010

August-September 2010 Break

The last classes will be on **Saturday August 28th**.

There will be no regular classes from Monday August 30th to Friday September 3rd.

Regular classes will resume on **Saturday September 4th**.

Please note : Unlike previous years we will resume our usual classes in September at the start of the Tasmanian school holiday break.

Please remember to advise your teacher in August if you will be away during this period.

August-September Intensives

During the week's break from regular classes we will run 2 intensives.

If you would like to attend please leave your name and a \$20 deposit with your teacher.

Prāṇāyāma: Monday 30th August-Friday 3rd September; 7-8AM. Suitable for all levels. Cost: \$60

Level 2 Evening Āsana: Monday 30th August-Friday 3rd September; 6-8 PM. Cost: \$84

Back Care Course

The next back care course will start on **Saturday September 25th**. 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.

Bookings are essential.

Saturday mornings: 11AM-Midday Cost: \$84 (optional laminated Back Care Sheet extra \$6)

www.hobartiyengar.com

