



iycm studio announcements



JAN 04
WED
CLASSES RESUME
AT IYCM

2017

JAN
10
TUE
FULL PAYMENT DUE
FOR RESIDENTIAL
RETREAT

JAN
26
THU
PROP PACKETS READY
FOR PICK-UP AT THE
STUDIO

JAN
28-30
SAT-MON
CHINESE NEW YEAR!
STUDIO CLOSED

FEB
4-5
SAT-SUN
STUDIO CLOSED

JANUARY - RESIDENTIAL RETREAT

7th Annual Residential Retreat
Jan 31 - Feb 3, 2017
Wolfson Room, Baguio Country Club
There will be no regular classes for the duration of the retreat

APRIL WORKSHOP

with Stephanie Quirk
Apr 22 and 23, 2017
Iyengar Yoga Center Manila
Details on the April workshop to follow.

INTRODUCTORY COURSE

The best place to start your Iyengar Yoga practice. It teaches the fundamentals of Iyengar yoga in a systematic manner, where you can build up on the basics. After completing this course, you may move on to a Level I class or repeat the course again to solidify the learning and get more practice. If you cannot commit to an Introductory Course, you can join the Level I classes where the preliminaries will also be taught. Level I classes practice the same poses that are taught in the Introductory Iyengar Yoga Course. The Introductory Course is not a pre-requisite to attend the Level I class.

The next dates are on FEB 13, 15, 20, 22, 27, MAR 1, 6 & 8.

FEE: PhP3,000. There will be no make-up classes. Class size limited to 10 pax.

Per session or walk-in rates offered. For class card options: Choose from 5-, 10- or unlimited. Details posted at the bulletin board reception area or visit www.iyengaryogamanila.com

