



Finding a Teacher

There are thousands of Iyengar Yoga classes around the country. Simply visit www.iyengaryoga.org.uk to find your nearest.

Be sure to tell your teacher if there is anything they should know about such as a bad back, stiff shoulders, sore knees etc. All poses can be modified for these conditions and may well help relieve them.

“Words cannot convey the value of yoga - it has to be experienced”

B.K.S Iyengar

For more information, to join as a member or to find teachers in the UK and Ireland, please visit:

www.iyengaryoga.org.uk



/iyengaryogauk



@UKIYENGARYOGA

Your local teacher:

Angela Hulm

angelahulm@hotmail.com

Junior Intermediate Level 1

Visit AH Yoga website for calendar of my At Home and hall based classes in West Wickham, Kent.

Fully equipped comfortable home studio includes a rope wall, ceiling ropes, chairs and bolsters.

www.ahyoga.org.uk

Phone: 020 8462 5868

Text: 07771 56 50 46

Iyengar
Yoga
(UK)



YOGA

The
Iyengar
Method



What is Iyengar Yoga?

The postures are very precise and you will be guided through them by experienced teachers who are trained to make appropriate adjustments for different physiques and for people with specific problems. The classes can be hard work, as the poses involve intense stretching; however, you will leave the class feeling lighter and calmer. The immediate benefits of Yoga are greater flexibility and strength, and better physical health. As you continue with your practice, psychological and spiritual benefits begin to appear.



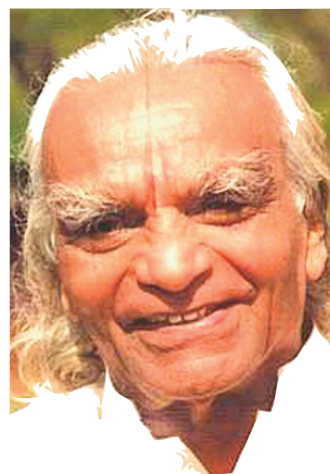
Photo © Kate Davison

The Iyengar Method

The Iyengar method of yoga is named after our teacher Yogacharya Sri B.K.S. Iyengar. The teaching helps you focus on correct alignment of the body in poses ensuring you're working safely, with maximum benefit to your flexibility, strength and wellbeing.

Classes generally start with simple poses and gradually move towards more advanced poses, ending with a period of relaxation and sometimes incorporating breathing techniques.

Props, such as blocks and belts, are sometimes used in class to allow those with less strength or flexibility to work correctly and achieve their full potential.



B.K.S Iyengar

The Iyengar Certification Mark

All teachers of Iyengar yoga are trained to very high standards and fully insured; this is part of the reason that Iyengar yoga is one of the most widely-performed methods of yoga worldwide. When you see this Mark it means an Introductory teacher has completed at least three years of regular Iyengar yoga classes followed by two years' teacher training, and has successfully passed a rigorous assessment. Intermediate and Senior teachers have been practising and training for many more years and have passed a series of further assessments.

All Iyengar teachers are required to maintain their professional development each year to qualify for continued use of the Mark.

The Iyengar Yoga Certification Mark is a guarantee of excellence, clarity and depth of understanding.

