

Teacher or centre name	Email	Website	Brief description of teacher (maximum 40 words)
Adrienne Bagnall	karmaspaceyoga@gmail.com	karmaspaceyoga@gmail.com	07970 841999. Intermediate Junior 2 Teacher, practising yoga for 20 years. Monday 6pm-7.15pm General, Wednesday 10am - 11.15am General, Friday 6pm -7.30pm Restorative. Some weeks there are more specialist/focussed classes - please visit website for more information. Some classes suitable for beginners - please contact the teacher.
Alan Brown	alan@iyengaryogateacher.co.uk	<a href="http://www.dianalan.plus.com/OnlineClasses">http://www.dianalan.plus.com/OnlineClasses</a>	I am teaching two asana classes, one general and one for more experienced and two restorative classes, with an emphasis on breathing and how to practice when unwell.
Alex Klein	kleinalex@hotmail.co.uk	<a href="https://sites.google.com/view/alex-klein-iyengar-yoga/home">https://sites.google.com/view/alex-klein-iyengar-yoga/home</a>	General Iyengar Yoga classes - Monday and Wednesday mornings 11:15 am with Intermediate Senior 2 teacher
Alice Chadwick	alicechadwick@yahoo.co.uk	-	Friendly Iyengar yoga classes via Zoom, general level with East London teacher Alice Chadwick. Wed 9am to 10.15am (£4 or free if income affected by lockdown) Friday 10am to 11.30am (£5 or free as above) email to receive the zoom link
Alice Knowelden	aliceknowelden@hotmail.com	<a href="https://www.aliceyoga.co.uk/">https://www.aliceyoga.co.uk/</a>	4 general classes and 1 restorative class each week on Zoom! Details can be found on my website: <a href="http://aliceyoga.co.uk">aliceyoga.co.uk</a> . Classes are suitable for all levels but students should have attended an Iyengar yoga class before
Alicia Lester	aliciafearon@btinternet.com	<a href="http://www.yogahexham.co.uk">www.yogahexham.co.uk</a>	Intermediate Senior Level 3 teacher. General classes Monday 2 to 3pm and 7 to 8pm, Wednesday 7 to 8pm and Friday 2 to 3pm.

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Amina Kassam-Bunce	info@aminadesigns.co.uk	-	Online classes, mixed ability; Mon: 19.00 -20.30 price £7; Wed: 10.30-11.30 price £4; Fri: 19.00 -20.30 price £7; 07787 985 215
Amparo Rodriguez	amparo@yogamparo.co.uk	<a href="http://yogamparo.co.uk">http://yogamparo.co.uk</a>	Beginners Iyengar yoga class Mon 10am to 11.30am Sat 12.30 to 1400.
Angie Hulm	angelahulm@hotmail.com	<a href="http://www.ahyoga.org.uk">www.ahyoga.org.uk</a>	Gentle, General and Beginners weekly. Online interactive 75 & 90 minute meetings with Angie Hulm Tues 4:30pm, Tues 8pm, Thurs 8pm and Sat 11am. £10 usual fee, pay if you are able to.
Anna Cowlishaw	anna@twodogyoga.co.uk	<a href="https://twodogyoga.co.uk">https://twodogyoga.co.uk</a>	Beginners classes at flexible times throughout the week. Ideal for shift workers and anyone on a variable schedule
Anna Macedo	hoveyoga@yahoo.co.uk	<a href="http://www.annamacedoyoga.com">www.annamacedoyoga.com</a>	FaceTime or Skype classes online for one to ones (or couples). I have been teaching Iyengar Yoga for over 20 years. I am qualified to intermediate junior level 3. I specialise in teaching one to ones where I can offer specific advice to benefit the individual.
Annamaria Sacco	annamaria@bodysymphonies.co.uk	<a href="https://www.bookwhen.com/yoga-stable">https://www.bookwhen.com/yoga-stable</a>	IJ3 teacher 30 years practice 20 years full time teaching experience. Morning and evening classes beginners general intermediate and one to one.

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Annie Rossi	annierossi303@gmail.com	-	Please email for information
Barbara Vidion	barbaravidionyoga@gmail.com	<a href="http://www.barbaravidionyoga.com">http://www.barbaravidionyoga.com</a>	Weekly general level classes on Tuesday mornings 9.30 to 11.00am and Thursday evenings 6.30 to 8.00pm. Fortnightly restorative class on Wednesday evening 7.00 to 8.30pm
Benjamin Childs	childsben@gmail.com	-	Can be contacted by students wishing to participate in online classes
Bev Appleby	bev.appleby.yoga@gmail.com	<a href="http://yogawithbev.com">http://yogawithbev.com</a>	Thursday evening online yoga class 8.15pm - 9.15pm. Donations only to NHS support charities at this time through Just Giving.
Brenda Booth	brendaboothkent@aol.com	<a href="https://www.iyswk.com/time-table.php">https://www.iyswk.com/time-table.php</a>	Welcome to join general and intermediate level classes visit the website for further details
Bridget Moriarty	Yogainkerry@yahoo.com	<a href="http://www.yogainkerry.com/">http://www.yogainkerry.com/</a>	Iyengar Zoom Classes, Monday, Tuesday, Wednesday 6.30-7.30pm & Thursday 9.30-10.30am. Not suitable for complete beginners.

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Cath Barnes-Holt	cath@cathbarnesholt.co.uk	<a href="https://cathbarnesholt.co.uk/online_classes/">https://cathbarnesholt.co.uk/online_classes/</a>	Intermediate Junior level 3. Online interactive classes every weekday. Mon 10am & 6.30pm; Tues 9.30am; Weds 7pm; Thurs 6pm; Fri 10am. One to one sessions also available. For more info visit <a href="https://cathbarnesholt.co.uk/online_classes/">https://cathbarnesholt.co.uk/online_classes/</a> - 07909 995408
Cheree Low	chereeyoga@gmail.com	<a href="https://www.chereeyoga.net/">https://www.chereeyoga.net/</a>	IJ3 teacher offering mixed ability asana classes: Thursday 6:30 pm & Sunday 10 am
Chris	chris@awesomelyoga.co.uk	-	Every Monday and Wednesday evening. At 5pm to 6:30pm. Via Zoom. General level
Christine Nigel	YogawithChristine@hotmail.com	-	Mixed ability Zoom Class at 7pm-8pm on Sundays. Mixed ability Facebook Live Class (private group) on Mondays at 8am or available to use at your convenience. Contact me via email for further details: <a href="mailto:YogawithChristine@hotmail.com">YogawithChristine@hotmail.com</a> .
Cissy Harrison	cissyharrison@gmail.com	<a href="http://www.cissy.org/">http://www.cissy.org/</a>	1to1 and general level classes with IJ3 teacher for students with all props including chair
Claire Best	clairenbest@hotmail.com	<a href="https://www.clairebestyoga.com/">https://www.clairebestyoga.com/</a>	Beginner level class- Wednesdays 6.30pm-7.30pm. In this class, there are supported reclining & sitting postures preparing for Pranayama. General Level class- Fridays 9am-10.15am Claire is an Intermediate Junior Level one teacher. £5 a class.

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Claire Ferry	claire@claireferryyoga.net	<a href="https://www.claireferryyoga.net/classes">https://www.claireferryyoga.net/classes</a>	Tuesday 10-11.15am beginners, Tuesday 7.30-9pm mixed ability, Thursday 6-7.30pm intermediate (2yrs+), Thursday 7.45-9pm restorative and pranayama. Book online. If you're new to me, then let's have a chat before you start classes!
Darren Bloom	darren@healingforlife.co.uk	-	Online Yoga Classes for all. Morning and Evening.
Deborah Cadby	deborah@aiys.co.uk	<a href="https://www.aiys.co.uk/">https://www.aiys.co.uk/</a>	Online Zoom classes taught from Iyengar studio based in Bude North Cornwall. Thursday morning class: 10.00-11.30am beginners/general. Intermediate Junior 3 Iyengar teacher. Teaching since 2001
Deborah Perlin	perlinyoga@gmail.com	-	Beginners Wed: 10 – 11.30, Beginners Wed: 12.15 – 1.15
Deborah Thomas	yogadeborah@virginmedia.com	-	Beginners and improvers. Thursdays live at 6pm-7.30pm
Dhiyampati	dhiyampati1@yahoo.co.uk	Cambridgebuddhistcentre.com	For details of online classes see Cambridgebuddhistcentre.com

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Dorset & Hampshire Iyengar Yoga	-	<a href="http://dhiy.org/online-classes">dhiy.org/online-classes</a>	Link to online class timetable
Eastern Yoga	-	<a href="http://www.easternyoga.co.uk">www.easternyoga.co.uk</a>	We are offering a full timetable of top-notch Iyengar Yoga classes for all levels, including a 2 hour intermediate class with Tamara Hockey. Concessionary rate available for those whose income has been affected by Covid.
Edgar Stringer	-	<a href="http://yogatree.co.uk">yogatree.co.uk</a>	Online classes: Foundation Tuesday 6-7pm, Level 2 Tuesday 7.30-9.00pm, Level 1 Thursday 7.00-8.30pm and Intermediate level Friday 10-12 noon. Please visit <a href="http://yogatree.co.uk">yogatree.co.uk</a> for more information.
Edinburgh Iyengar Yoga Centre	<a href="mailto:info@yoga-edinburgh.com">info@yoga-edinburgh.com</a>	<a href="https://www.yoga-edinburgh.com/Classes/Class-Timetable">https://www.yoga-edinburgh.com/Classes/Class-Timetable</a>	All level one-hour classes with restorative and Saturday morning class for ante/postnatal mums see <a href="https://www.yoga-edinburgh.com/Classes/Class-Timetable">https://www.yoga-edinburgh.com/Classes/Class-Timetable</a>
Eeva Anker	<a href="mailto:eevaanker@gmail.com">eevaanker@gmail.com</a>	<a href="http://www.eevayoga.com">www.eevayoga.com</a>	Eeva is interested in teaching Iyengar yoga as a wholesome life style practice, where we find balance within nature and ourselves. Her intention is to create a non-competitive environment for yoga practice where we deepen our own self-study and personal development. Eeva's classes combine creative breath-led fluid movement, balanced with meditative stillness
Eileen Cameron	<a href="mailto:eileencameron1@gmail.com">eileencameron1@gmail.com</a>	-	A range of yoga classes to suit all abilities.

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Elaine Morrison	elainemorrison.yoga@gmail.com	-	Wednesdays 6pm to 7pm: Beginners class, suitable for those with a minimum of six months regular attendance at classes. Thursdays 6pm to 7pm: general class, suitable for those with a minimum of two years regular attendance at classes
Ellen Baggs	Ellenbaggs@gmail.com	-	Class on Ellen Baggs Iyengar Yoga Facebook live from 07:30-08:30 & class on Ellen Baggs Instagram Live from 17:30-18:30. Basic Iyengar yoga classes for free, internet signal dependent.
Emma Davis	emdav100@gmail.com	www.emmayoga.net <a href="https://www.emmadavisyoga.com">https://www.emmadavisyoga.com</a>	Bio: Emma Davis trains with Senior Iyengar yoga teachers at the Institute in Maida Vale and is qualified to Intermediate Junior level 1. Drawn to the precision and clarity of instruction in Iyengar yoga, Emma teaches with compassion, consideration and humour.
Emma Harrison	emma@emma-yoga.co.uk	<a href="http://emma-yoga.co.uk/">http://emma-yoga.co.uk/</a>	On line classes including Gentler, Beginners/General and Intermediate level, daytime and evening classes with an IJ2 teacher
Fiona Fallon	fiona.fallon33@gmail.com	fionafallon.co.uk	Wednesdays 10-11.30am General (mixed ability), weekly; Thursdays 7-8.45pm Intermediate, weekly; Thursdays 11.30-12.30 Beginners (starting in June); Mondays 5-7pm and/or Tuesdays 11.30-1.30 Themed classes. Drop in and block booking rates are available. Concessions are offered to those experiencing financial hardship. 07717 762402
Fiona Sarjeant	info@yogainverness.co.uk	<a href="http://www.yogainverness.co.uk">http://www.yogainverness.co.uk</a>	General class Tuesday 6pm - 7:15, Intermediate class Wednesday 6pm - 7:30. Intermediate Junior Level 3 teachers. All classes on zoom - contact me for link. Classes are free to key workers and those suffering financial hardship, for others £5.

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Frances Brown	selectedaddress@hotmail.com	-	Beginner, General and Intermediare classes with IJ3 teacher. Daytime and evening classes.
Gael Henry	gael42@icloud.com	<a href="http://iyengaryoganortheast.com">http://iyengaryoganortheast.com</a>	IJ3 Teacher: General / experienced level class Tuesdays at 6pm. General / beginners class at 5pm Fridays. Approximately 1 hr 15mins, delivered via Zoom.
Genevieve Wilcox	genewilcox56@gmail.com	<a href="mailto:info@tiys.co.uk">info@tiys.co.uk</a>	Classes Sunday 10 am general, Monday beginners 8 pm, Tuesday 6.15 pm beginners.
Georgia Marnham	georgiamarnham@gmail.com	<a href="http://www.yogabahia.com/online-classes">http://www.yogabahia.com/online-classes</a>	Georgia is IJ3 teacher offering 4 zoom classes a week; Sunday 6pm / Tuesday 9am / Wednesday 6pm / Friday 9am. £5 or £2.50 by the month. Private and family group bookings available. Email to book. More information on website.
Gipe Giddens	agipeleka@gmail.com	<a href="http://agipelekayoga.co.uk">agipelekayoga.co.uk</a>	Gipe yoga online classes Tuesday and Thursday, 10am and 7:30pm. Duration 90 minutes; Ability: general level.
Guy Brickley	yogawithguy@gmail.com	<a href="https://yogawithguy.com/classes-workshops/">https://yogawithguy.com/classes-workshops/</a>	General and beginners classes with Guy Brickley (Junior Intermediate Level 1) on Tuesdays, Thursdays and Fridays. Classes are £10 for 90 mins or £8 for 1 hour. Free for key workers and concessions available for those who have lost all or part of their income due to Covid 19.



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Hannah Benham	Info@yogahannah.co.uk	www.yogahannah.co.uk	Tuesday 7-8pm and Friday 9.30-10.30am
Harshini Wikramanayake	harshini@saneepa.com	-	Sunday general level 1800 to 1930. Book via www.iymv.org. Thursday level 2/3 1600 to 1730. Book via www.triyoga.co.uk. Own classes - Tuesday general level 1430 to 1600, Wed beginners 1830 to 1930, Friday beginners 0830 to 0930 . Pay what you can. Text 07789925170 for zoom code and suitability.
Hazel Sainsbury	hazel.sainsbury@btinternet.com	-	Beginner/General level classes: 1230 -1330 Wednesday. 930 - 1030 am Friday. Donation based, suggested donation is £8
Helen Graham	helengraham88@me.com	<a href="https://www.onlineyogaclasses.co.uk">https://www.onlineyogaclasses.co.uk</a>	<ul style="list-style-type: none"> <li>1) Online course for beginners : 14 online yoga classes that build progressively.</li> <li>2) Monthly asana for teachers and experienced students. Last Wednesday 7-8.30pm</li> <li>3) Monthly pranayama class 2nd Wednesday 7-8.15pm</li> <li>4) YouTube live classes</li> </ul>
Helen Graham	helengraham88@me.com	<a href="https://www.onlineyogaclasses.co.uk/">https://www.onlineyogaclasses.co.uk/</a>	Pranayama, one Saturday every month. Intermediate class - teachers, trainees, & experienced students, one Friday per month 7 - 8.30pm. Information and book <a href="https://www.onlineyogaclasses.co.uk/livestream">https://www.onlineyogaclasses.co.uk/livestream</a> . 14 online beginners classes professionally filmed, <a href="https://www.onlineyogaclasses.co.uk/yogaschool">https://www.onlineyogaclasses.co.uk/yogaschool</a> Live class Friday 11 - 11.40 am plus short sequence posted every Wednesday. <a href="https://www.youtube.com/channel/UCGRkBmmlbG3ENDo7wr3hLQQ">https://www.youtube.com/channel/UCGRkBmmlbG3ENDo7wr3hLQQ</a>
Helena Chiu	chiuhasang08@gmail.com	<a href="http://www.iyengaryogahelena.com/">http://www.iyengaryogahelena.com/</a>	General class

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Indira Lopez-Bassols	indirayoga@gmail.com	www.indirayoga.com	Monday 9.00-10.15 am, General yoga class. Wednesday 18.00-19.45 pm, Intermediate yoga class.
Isabel Jones Fielding	westbridgford@iyengaryoga.org.uk	ww.iyogawestbridgford.uk	Iyengar Yoga Studio West Bridgford: IY(UK) Affiliated Iyengar Yoga Centre. May - Aug 2020 Online Class Programme continues every week live from our studio. Join Senior Iyengar Teacher: Isabel Jones Fielding, with expert technical support from Iyengar teacher Geoffrey Fielding online - full timetable: www.iyogawestbridgford.uk . Contact: Isabel or Geoffrey. Facebook: Iyengar Yoga Studio West Bridgford
Iyengar Yoga Maida Vale	-	iymv.org	W/c 11th May: <a href="https://clients.mindbodyonline.com/classic/ws?studioid=3645">https://clients.mindbodyonline.com/classic/ws?studioid=3645</a> W/c 18th May: <a href="https://clients.mindbodyonline.com/classic/ws?studioid=3645&amp;sttype=-7&amp;sView=week&amp;sLoc=0&amp;date=05/18/20">https://clients.mindbodyonline.com/classic/ws?studioid=3645&amp;sttype=-7&amp;sView=week&amp;sLoc=0&amp;date=05/18/20</a> W/c 25th May: <a href="https://clients.mindbodyonline.com/classic/ws?studioid=3645&amp;sttype=-7&amp;sView=week&amp;sLoc=0&amp;date=05/25/20">https://clients.mindbodyonline.com/classic/ws?studioid=3645&amp;sttype=-7&amp;sView=week&amp;sLoc=0&amp;date=05/25/20</a>
Jacqueline Mangold	yoga@jacquelinemangold.co.uk	www.jacquelinemangold.co.uk	Medium: Zoom. Monday 18.30-20.00, Wednesday 17.00-18.30, Saturday restorative 17-18.30
Jane Durkin	yoga@janedurkin.uk	<a href="https://janedurkin yoga.as.me/">https://janedurkin yoga.as.me/</a>	I started practising Iyengar yoga early 1990s, teaching since 2011 – now qualified at Junior Intermediate 1. Currently teaching online general level classes: Tuesday 6-7.30pm – <a href="http://www.satyamyogacentre.co.uk">www.satyamyogacentre.co.uk</a> ; Wednesday 5.30-7pm – <a href="https://janedurkin yoga.as.me/">https://janedurkin yoga.as.me/</a> ; Friday 7.45-9am – contact <a href="mailto:yoga@janedurkin.uk">yoga@janedurkin.uk</a> ; Saturday 8-9.30am – <a href="https://janedurkin yoga.as.me/">https://janedurkin yoga.as.me/</a>
Jane Perryman	jane.perryman@btinternet.com	www.iyengaryogasuffolk.co.uk	Mon 6-7.30pm Intermediate / General Level, Wed 9.30 - 11am Intermediate / General Level, Classes aren't for beginners and include demonstration, instruction and virtual adjustments.

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Janice Longstaff	janicelongstaff12@gmail.com	-	Tuesday 5-6pm. Beginners and intermediate. £6 . 4 weeks @£24 to start again 19th May.Please contact for payment . Email janicelongstaff12@gmail.com/ 07972480910.
Jayesh Mistry	yogicmistry@gmail.com	-	Come learn Philosophy in Yoga with Jayesh. Online classes every Saturday morning. Contact Jayesh - yogicmistry@gmail.com
Jayne Orton	info@iyengaryoga.uk.com	<a href="https://www.iyengaryoga.uk.com/">https://www.iyengaryoga.uk.com/</a>	Tues 10.00am to 12.00 intermediate. Tues 3 to 4pm mixed ability. Wed 10 to 11am mixed ability. Wed 2 to 4pm Teachers. Thurs 10 to 11am mixed ability
Jenni Doohan	jenni.doohan@hotmail.co.uk	-	Beginner, General, and Improver classes with Intermediate Junior Level 3 teacher. Evening classes via Zoom.
Jenny Channon & Alex Bramwell	All4yoga@hotmail.com	<a href="http://www.all4yoga.co.uk">www.all4yoga.co.uk</a>	Online classes running most days, please contact us for class details and info on how to join.
Jenny Furby	Andoveryogauk@gmail.com	<a href="http://www.andoveryoga.co.uk">http://www.andoveryoga.co.uk</a>	Zoom Yoga Classes: Monday 7.30-8.30am General £6, 6 - 7.15pm Recuperative £7, Wednesday 7-8.30pm General £7, Thursday 9.30 - 11am General £7, Friday 9-10.45am Intermediate £9. Please contact me for more information

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Jenny-May While	jennymay@herefordyoga.co.uk	www.herefordyoga.co.uk	Jenny-May is offering 6 online classes. Two at Beginner level, two at Improver level, one Restorative/Pranayama and one for Children/Families. HYC has been adapted into a specialised online studio, using professional audio-visual equipment to give students the best interactive online experience
Jill Johnson	jjyoga@mac.com	<a href="https://www.jjyoga.co.uk/">https://www.jjyoga.co.uk/</a>	IS3 teacher: Easy and Gentle, General and Intermediate level classes, please contact me for full details.
Jo Lovell	info@jolovell.yoga	<a href="http://jolovell.yoga">http://jolovell.yoga</a>	Intermediate Junior Level 3 teacher with 20 years teaching experience. Online beginners, general and restorative classes plus private 121 lessons. See website for timetable. Call for more information 0777 300 1791.
Joan Abrams	joanabrams@hotmail.com		Chair Yoga class for everyone. Thursdays 1.30-2.30 pm. Recuperative Yoga - 2nd Friday of the month, 5.30 - 6.30. IJ3 teacher, qualifying in 1977. Interested in restorative yoga and adapting poses for all.
Joanna Lambe	joanna4yoga@gmail.com	-	Bristol based online classes - please contact me for Zoom link and payment link. Beginners-Fridays 16.30-17.45 £6. Beginners - Saturdays 9.30-10.45 £6. General - Thursdays 18.00-19.30 £7. General - Sundays 10.00-11.30 £7. Restorative - Fridays 18.00-19.15 £6
Joe Burn	joe.burn47@gmail.com	<a href="https://aberdeeniengaryoga.wordpress.com/joe-burn/">https://aberdeeniengaryoga.wordpress.com/joe-burn/</a>	Online classes using Zoom. Tuesday, Wednesday and Thursday.

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Judi Soffa	info@yogastudio.co.uk	www.yoga-studio.co.uk	Online classes starting soon. Please check website or email info@yoga-studio.co.uk
Judy Waldman	judithwald@icloud.com	www.judyoga.co.uk	Mix of Beginners/Improvers, General/Intermediate and Gentle classes throughout the week. Visit my website to find out more
Julia Owen	juliastarowen@gmail.com	http://www.juliaowen.com/	Weds 6.30pm. Class is general level with alternatives for beginners, stiff bodies etc Advice on equipment given.
Julie Anderson	yogaontay@gmail.com	yogaontay.com	Range of online classes morning and evening with 1-2-1 available, plus a series of practice sheets and audios freely available on website.
Justyna Ziarek	justyna@hotmail.co.uk	-	Class is every Wednesday, 18.45-20.00, using Zoom platform. The class is aimed at beginners and more experienced practitioners. Cost: £4 per session. For more information please email.
Karen Long	karenjlong@hotmail.com	ww.karenlongyoga.com	Early morning classes, General and intermediate level classes and Friday evening restorative class with Senior teacher Karen Long. Timetable online www.karenlongyoga.com or contact Karen@Karenlongyoga for more information.

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Kate Gray	kateelizabethgray@yahoo.co.uk	<a href="http://www.kategray-iyengaryoga.co.uk/kate-gray.html">http://www.kategray-iyengaryoga.co.uk/kate-gray.html</a>	General classes with IJ3 teacher. 10:30-11:45, Monday, Wednesday & Friday.
Kate Woodcock	leedsyogashala-kate@yahoo.com	<a href="http://www.leedsyogashala.wordpress.com">http://www.leedsyogashala.wordpress.com</a>	Live Zoom classes: Mondays 9.15-10.30 am General; Mondays 6.45-8 pm General; Wednesdays 6.45-8 pm General; Thursdays 6.45-8.15 pm Intermediate; Fridays 9.15-10.30 am Restorative and Pranayama. For regular Iyengar Yoga students only.
Kathy Howard	kathyrhoward@yahoo.co.uk	Cambridgebuddhistcentre.com	Saturday morning class 9:30-11:00am. This is a general level class and suitable for those with some previous Iyengar yoga experience. £5 per class. For details of other online classes please see Cambridgebuddhistcentre.com
Kulbir Kaur	kk@kkyogatherapy.co.uk	<a href="https://kkyogatherapy.co.uk/">https://kkyogatherapy.co.uk/</a>	General classes/mixed ability : Tuesday 7pm-8.30pm, Wednesday 8pm-9.15pm. Beginners class starting soon, please contact me for more information
Kyoko Atsumi	reikiandyoga@gmail.com	-	Beginner and General classes with IJ1 teacher. Daytime and evening classes. General Class in the Japanese language with IJ1 teacher. Sunday morning.
Lee Harrison	leeharrison5719@gmail.com	-	A one hour weekly class beginners Iyengar yoga class on Tuesdays at 6pm using Zoom. Cost is a donation of £12 for 4 classes

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Lindsay Barchan	lindsaybarchanyoga@gmail.com	www.lindsaybarchanyoga.co.uk	Beginner Level: Saturday 11am (1 hour). General Level: Tuesday 6pm (1 hour). Open Level: Thursday 6pm (1 hour). Classes are £8.50 and can be booked via my website. Due to Covid-19, if you cannot afford the full class fee, please message me directly to contribute an amount you can afford.
Liz Rigby	lizrigby16@hotmail.com	-	Liz is an Intermediate Junior 3 teacher. She has been teaching Iyengar yoga for 15 years. She tries to bring a quietness to her students' practice through precise well-chosen instructions that enable the student to deepen their understanding of their body, mind and breath
Lorna Taylor	lorna-sukha@hotmail.com	-	General classes: Monday 6.30-8.00pm, Tuesday and Thursday 10-11.30am. Intermediate level 3 teacher, 14 years teaching experience of Iyengar yoga, considerate to injuries and difficulties - please let me know in advance.
Lorraine McConnon	lrnmcn@googlemail.com	<a href="http://artofyoga.co.uk/">http://artofyoga.co.uk/</a>	Monday Beginners:13:00-14:00, Monday General:19:30-21:00, Wednesday INTERMEDIATE:18:30-20:00, Thursday General:10:30-12:00. Block of 10 £120, use for any class. Drop-in £15. If you've had a drop in income then make any donation that you feel comfortable with. If you have no income, or work for NHS in direct contact with public, all classes complimentary. More than 2 classes per week, 3rd and 4th classes free.
Louise Eisner	contact@louise-eisner.com	<a href="http://www.louise-eisner.com">http://www.louise-eisner.com</a>	My teaching certificate is Intermediate Junior 2. I am also a Chartered Physiotherapist, practising holistically, with particular experience in working with the over-40s. I offer one-to-one and small group yoga tuition and coaching online via Zoom.
Louise Leonard	louise@louiseleonard.co.uk	<a href="http://www.northlondonyoga.org">http://www.northlondonyoga.org</a>	Intermediate Junior level 2 certified Iyengar Yoga teacher. During the Covid-19, teaching a general level class over Zoom, Mondays 9:15-10:45am. Please email Louise to join the class

Teacher or centre name	Email	Website	Brief description of teacher (maximum 40 words)
Louise Radinger	louiseradinger@gmail.com	www.yogahome.com	Louise Radinger, Iyengar Yoga Teacher IJ2 Level. Currently running 3 classes: Monday morning 8.30 am - 9.30 am Pranayama (For students with some experience of Iyengar Yoga), Thursday morning 10 am - 11 am Iyengar Yoga (General Level), Sunday morning 11 am - 12 am Iyengar Yoga (General Level) Yogahome (Please see Yogahome website for details of how to log on to the class) www.yogahome.com
Louise Rapata	louiserapata@hotmail.co.uk	-	I am an Iyengar Yoga teacher based in Harborne, Birmingham. The classes are small enough for me to see your practice. I am offering six online classes a week via zoom. I have a friendly group of students and we welcome new arrivals. Email me if you are interested: louiserapata@hotmail.co.uk
Louise Wallace	louiyengar@outlook.com	-	Online mixed ability classes via Zoom with Louise, Intermediate Junior Level 2. Mondays 6.30-7.30pm and Tuesday lunchtime 12-1pm. Email Louise to join the classes.
Lucy Aldridge	lucy@lucyaldridge.com	www.lucy@lucyaldridge.com	Vlog (video blog) details <a href="https://www.lucyaldridge.com/index.php/blog/">https://www.lucyaldridge.com/index.php/blog/</a> . Monday 8.30am-9.45 general, Tuesday 6pm-7.30 general, Thursday 8.30am-9.45 general, Thursday 6pm-7.30 general, Friday 9.30-11.30am general -intermediate, Friday 6pm-7 Pranayama, Saturday 8.30am-9.45 general. Payment by donation. Please email for zoom ID number
Lydia Holmes	-	yogatree.co.uk	Online classes: Foundation Monday 6-7pm, Level 2 Monday 7.30-9.00pm, Level 1 Wednesday 5.00-6.30pm and Thursday 10-11.30am, Intermediate level Wednesday 7.00-8.45pm. Please visit <a href="http://yogatree.co.uk">yogatree.co.uk</a> for more information.
Maggie Dix	yoga.maggie@yahoo.co.uk	<a href="https://maggiedix.yogaclassnearlyou.co.uk/">https://maggiedix.yogaclassnearlyou.co.uk/</a>	Tues 9.30am to 11am Mixed ability at £6.00 and Wed 1800 to 1900 beginners at £5.00. Email teacher for details how to join.



Teacher or centre name	Email	Website	Brief description of teacher (maximum 40 words)
Maidstone Iyengar Yoga Centre	-	<a href="http://www.iyengar-yoga.co.uk">www.iyengar-yoga.co.uk</a>	Mix of Beginners, Beginners/Improvers, General/Intermediate and Gentle classes throughout the week. Visit my website to find out more
Maisie Langridge	maisie_mouse@hotmail.com	Facebook: MJL Iyengar Yoga:- <a href="https://m.facebook.com/MJL-Iyengar-Yoga-1701928330055171/">https://m.facebook.com/MJL-Iyengar-Yoga-1701928330055171/</a>	One Hour Online Classes:- Tuesdays 17:30 and 19:15, Wednesdays 11.30 and 19:00. Contact me for more details.
Maria Bird	mariayogalife@gmail.com	<a href="http://www.orchardlifemidgham.co.uk">www.orchardlifemidgham.co.uk</a>	Intermediate Junior Level 1 teacher. Monday 7.30am -9.00am, Monday 12-1pm, Tuesday 7-8.30pm, Wednesday 7.30am-9.00am, Wednesday 7.00pm-8.30pm - intermediate only, Friday 7.30-9am, Friday 12-1 pm
Maria Davies	Mariapd@hotmail.co.uk	Facebook <a href="#">@iyengaryogawithmaria</a>	I'm an Intermediate Junior level 3 Iyengar yoga teacher. I'm teaching general online live 'zoom' classes every Tuesdays, Thursdays, Fridays and Saturdays 11:00 am. £3 per session, Saturdays free
Marios Argiros	mariosyoga@gmail.com	<a href="https://www.mariosyoga.com/">https://www.mariosyoga.com/</a>	Currently Thursdays 10-12 General/Intermediate and Sundays 10-12 Intermediate/Teachers on Zoom
Mark Isaacs	karmacorneryoga@yahoo.co.uk	<a href="http://www.karmacorneryoga.com">http://www.karmacorneryoga.com</a>	Tuesday 20:00-21:30pm; Thursday 18:00-19:00pm; Friday 10:00-11:30am. All classes are general classes for mixed abilities, suitable for those with at least 1 years experience. Classes offer the opportunity to work further in the asanas for those more experienced.

Teacher or centre name	Email	Website	Brief description of teacher (maximum 40 words)
Matthew Greenfield	info@matthewgreenfield.com	<a href="https://www.charlburyyogastudio.com">https://www.charlburyyogastudio.com</a>	Zoom classes with senior teacher, Matthew Greenfield on Mondays, 10-11.30 am (General Class), Tuesdays, 7-8.30 pm (General Class), Wednesdays, 6-7.00 pm (Beginners Class), Thursdays 10-11.30 am (Intermediate Class)
Mirja Nissen	mirja@yogamoves.me	<a href="http://yogamoves.me/About.html">http://yogamoves.me/About.html</a>	Online classes. Iyengar intermediate level Monday 09.30a.m. Iyengar Womens class Tuesday 18.30. Iyengar General level class Wednesday 17.30. Iyengar General level class Thursday 10.00a.m Iyengar General level class Friday 17.30. Iyengar General level class Sunday 10.00a.m
Monica Bejarano-Cortes	zagyogainfo@gmail.com	<a href="http://www.zagyoga.com">www.zagyoga.com</a>	Find our weekly Live Online Yoga classes for Beginner, General and Intermediate level at <a href="http://www.zagyoga.com">www.zagyoga.com</a> or call 07597129471
Myka Ransom	iyengar.yoga@gmail.com	<a href="https://leedsyogashala.wordpress.com/">https://leedsyogashala.wordpress.com/</a>	General level live stream online Iyengar yoga classes
Naomi Maggs	naomi@iyengaryoga-bristol.co.uk	<a href="https://naomi8301.wixsite.com/naomi">https://naomi8301.wixsite.com/naomi</a>	
Nevin Kestelli	nevinkestelli@icloud.com	<a href="http://www.iyengaryogawithnini.com">http://www.iyengaryogawithnini.com</a>	Mon 10.00 to 11.00am Tues 17.00 to 18.00 Fri 10.00 to 11.00am Sat 11.00am to 12.00p.m. Email teacher for further information

Teacher or centre name	Email	Website	Brief description of teacher (maximum 40 words)
Nicky Lowe	nicky.lowe@icloud.com	<a href="https://www.nickyloveyoga.com">https://www.nickyloveyoga.com</a>	Iyengar yoga classes suitable for beginners and general level students. Instructions will be clear and supported with demonstrations. Please email me with any queries and questions.
Nita Shah	yogawithnita@gmail.com	<a href="http://www.yogawithnita.com">www.yogawithnita.com</a>	Certified Intermediate Junior 2 Iyengar teacher teaching since 2003. She teaches with a positive energy, combining knowledge and warmth. Mondays - 7.30- 9pm - Beginners - General Wednesday - 10.30 - 11.45am - Restorative Thursday 6.15 - 7.45pm - General - Intermediate Friday 12.30 - 1.45pm - Beginners - General. £8 for 90mins, £7 for 75 mins
Noa Arbel	noasarbel@gmail.com	<a href="http://www.noayoga.net/">http://www.noayoga.net/</a>	Morning classes at 9:30am
Ofra Graham	ofralivne@aol.com	<a href="http://ofrayoga.com">ofrayoga.com</a>	Mon Wed Thu 09.30am to 11.00. Tues 6 .00 to 7.30p.m Each class £8.00 . Once a month Sunday morning. May 10th next one. All classes for general/intermediate students. For more info check website ofrayoga.com
Olivia Howden	yogawitholivia@gmail.com	<a href="http://www.yogawitholivia.com">www.yogawitholivia.com</a>	Intermediate Junior III teacher with an interest in yoga therapy. Offering general yoga classes on zoom in the mornings and evenings. All details can be found at <a href="http://www.yogawitholivia.com">www.yogawitholivia.com</a> with links to the classes.
Pascale Vacher	pascaleyog@gmail.com	<a href="https://yogasheffield.org/venue/yoga-room/">https://yogasheffield.org/venue/yoga-room/</a>	IJJ teacher offering full timetable of daytime and evening live streamed online classes for all levels. Plus weekly active classes on Saturday morning, regular Sunday morning workshops and 1:1 sessions available. Full timetable and details on <a href="https://yogasheffield.org/venue/yoga-room/">https://yogasheffield.org/venue/yoga-room/</a> . Email for details.

Teacher or centre name	Email	Website	Brief description of teacher (maximum 40 words)
Paul Brown	paulbrownyoga@hotmail.co.uk	-	Online general level class Monday 09.30 to 11.00a.m and 18.30 to 20.00. Tuesday 18.30 to 20.00. Thursday 09.30 to 11.00. Online intermediate yoga class Tues 09.30 to 11.30
Polly Wiltshire	info@pollyyoga.co.uk	<a href="http://www.pollyyoga.co.uk">http://www.pollyyoga.co.uk</a>	Beginners/General Classes both prerecorded and live sessions available. Please contact for details
Priscila Diniz	priscilasnbd@gmail.com	<a href="http://yogabypri.com/online-classes.html">http://yogabypri.com/online-classes.html</a>	Classes will help re-energize in these times of seclusion and sedentary conditioning. They will liberate, enthuse and relax mind and body. Classes via Zoom, free to download. Please have basic props nearby: mat, 2 bricks, 4 foam blocks, blankets and 2 belts. Hope to see you soon virtually.
Rachel Lovegrove	rachel@orangetreeyoga.com	<a href="http://www.orangetreeyoga.com">www.orangetreeyoga.com</a>	<p>Beginner, Improver and Intermediate Level Classes Including Restorative and Pranayama sessions and weekly guided practice with Senior Level 1 Teacher via Zoom and YouTube live.</p> <p>Classes are available to book via my website at <a href="http://www.orangetreeyoga.com">www.orangetreeyoga.com</a>. Concessions available for NHS and Frontline workers and anyone struggling financially during this period. Please enquire.</p>
Rhitu Barua	rhitub@gmail.com	-	<p>I've recently started teaching 2 donation based classes to raise money for the NSPCC. The classes are aimed at beginners. Tuesday: 9:30-10:30 (Beginners), Thursdays:9:30-10:30 (Beginners)</p> <p>Contact: <a href="mailto:rhitub@gmail.com">rhitub@gmail.com</a>/ 07880721599</p>
Richard Agar Ward	richard@bath-iyengar-yoga.com	<a href="http://www.bath-iyengar-yoga.com">www.bath-iyengar-yoga.com</a>	<p>Senior teacher practising since 1975 and teaching Iyengar method since 1977. Pranayama 08.30 - 09.30 and Asana 10.00 - 12.00 from BIYC Tuesday mornings Level 4/Intermediate. Bookings through BIYC web site with username and password. Also IYMV classes Sundays 10.00 - 11.30.</p>

Teacher or centre name	Email	Website	Brief description of teacher (maximum 40 words)
Ruth Hussey	Ruthhussey@gmail.com	-	Introductory 2 teacher. Mon, Tues, Thurs and Fri 8-9am. The classes are general with options for all levels. All classes take place on Zoom with a meeting ID sent to anyone who wants to join. €20 for all four in a week or €7 for drop-ins.
Sally Child	sallyannchild@hotmail.com	-	Mondays 7.30pm, Thursdays 7.30pm, Sundays 6pm (restorative & pranayama)
Sam Xenofou	hello@xenoyoga.com	xenoyoga/weeklyonlineclasses	See website for class information
Samantha Shaikh	sam@goodyoga.co.uk	www.goodyoga.co.uk	Tuesday 7.30pm - Restorative Iyengar yoga. A quieter, more meditative practice designed to relax the body and soothe the nervous system. Friday 9.30am - General Iyengar yoga class. Suitable for all levels and abilities. Both via Zoom.
Sara Calder-Jones	saracalderjones@btinternet.com	www.learnnyoganow.co.uk	Sara Calder-Jones, Iyengar introductory teacher experienced in interactive online teaching via Zoom. The classes are friendly and welcoming and include some relaxation. Thursdays and Mondays 6.15-7.45pm general class. During the Covid crisis, students can attend both online classes for £10.
Sarah Barber	sarah@yogaiyengar.co.uk	www.yogaiyengar.co.uk/classes/	Friendly Iyengar yoga classes via Zoom with Manchester teacher Sarah Barber. Tuesday 10-11.30 am General class(£5), Wednesday 7-9 pm Intermediate class(£8), Thursday 11.30-12.30 Restorative class(£4), Friday 10-11.30am General class(£5) email to book & receive the zoom link.

Teacher or centre name	Email	Website	Brief description of teacher (maximum 40 words)
Sarah Constantinides	sarah@buscottfarm.co.uk	-	My name is Sarah Constantinides & while I can't teach from my studio I am teaching 3 General Level classes via zoom: TUESDAYS: 10-11.30 THURSDAYS: 5-6.30 SATURDAYS : 10-11.30. I am an Intermediate Senior 1 teacher. Please contact sarah@buscottfarm.co.uk for an invite
Sarah Delfas	sarahandnick@hotmail.com	www.sarahdelfasyoga.co.uk	Live online classes with Sarah Delfas (based in Sussex, RH19). Monday 8 - 9am, Wednesday 5 - 6pm and Fridays 8 - 9.30am. (New beginners welcome on Mondays.) Teenagers' class Tuesday 3.15 - 4pm. See www.sarahdelfasyoga.co.uk for more details.
Sarra Whicheloe	sarra@sarrayoga.co.uk	www.sarrayoga.co.uk	5 classes a week + a morning class before work. Sessions are interactive and everyone is an integral part of the class as a whole. My teaching style is dynamic and fluid and responds to those who are present. I am certified at Intermediate Level 3 and based in Surrey & Sussex.
Sasha Perryman	sashaperryman@yahoo.co.uk	http://ciyc.co.uk	Monday - Thursday 5.30 - 7pm, Weds: General, Mon, Tues, Thurs: Intermediate, Sat. 10 - 11.30: Intermediate, Friday: Sutra Reading/Discussion 4.45 - 5.30, Followed by Teachers Class 5.30 - 7.15, Fortnightly Sunday Workshops 10 - 12.30. Contact Sasha Perryman (Senior Teacher & Moderator) for details
Shaili Shafai	shshaili@yahoo.com	https://lists.cam.ac.uk/mailman/listinfo/trin-yoga http://www.camyoga.co.uk/	Monday 9:00-10:15 in collaboration with Trinity College Yoga Society (university members) https://lists.cam.ac.uk/mailman/listinfo/trin-yoga; Tuesday 10:00-11:15 & Saturday 16:00-17:30 in collaboration with http://www.camyoga.co.uk/; Wednesday 18:00-19:15 & Saturday 14:30-15:30 in collaboration with Darwin College Yoga Club http://mail.dar.cam.ac.uk/cgi-bin/mailman/listinfo/dcyc . https://www.facebook.com/groups/315116735310772/
Sharon Klaff	sdklaff@me.com	-	Wednesday morning 9.30-11.00, Wednesday evening 18.30-20.00, Friday morning 9.30-11.00, Sunday morning 9.30-11.00, One:one classes by arrangement.

Teacher or centre name	Email	Website	Brief description of teacher (maximum 40 words)
Sheffield & District Iyengar Yoga	-	<a href="https://sheffieldyogacentre.co.uk/virtual-class-timetable/">https://sheffieldyogacentre.co.uk/virtual-class-timetable/</a>	<a href="https://sheffieldyogacentre.co.uk/virtual-class-timetable/">https://sheffieldyogacentre.co.uk/virtual-class-timetable/</a> for online class timetable
Sheila Green	sheila@herefordshireyoga.co.uk	-	Sheila Green IS3: Garway Iyengar Yoga Studio: Wednesdays 11am – 12.30pm and Saturdays 4pm – 5pm. sheila@herefordshireyoga.co.uk/01981-580081 Contact me for details.
Simon Edwardson	simonyog@aol.com	<a href="http://www.iyengaryogahove.com">http://www.iyengaryogahove.com</a>	Tues 10 to 11.30am; Weds 6.30 to 8pm; Friday 10 to 11.30am; Friday 4 to 5pm (Pranayama) All the asana classes are for one and a half hours, £5 per class.
Simon Savage	savsimon@googlemail.com	<a href="http://www.yogaloftlondon.com">www.yogaloftlondon.com</a>	Iyengar yoga general level class. Sundays 9am to 10am
Sophie Carrington	Sophie_am_carrington@yahoo.com	-	Iyengar online class@Yogapoint general level Saturdays 9am and 5pm. Iyengar online class @IYISL intermediate level Thursday 09.30am
Suzanne Gribble	suzanne.gribble@gmail.com	<a href="http://suzannegribbleyoga.com">suzannegribbleyoga.com</a>	Mondays, Wednesdays, Fridays 09.30 - 10.30 (GMT) General, mixed abilities. Mondays 16.30 - 17.30 Teens. Wednesdays 16.00 - 16.45 Kids (aged 6 - 11). For full details visit <a href="http://suzannegribbleyoga.com">suzannegribbleyoga.com</a> . 07916 145 786

Teacher or centre name	Email	Website	Brief description of teacher (maximum 40 words)
Tanya De Leersnyder	tanya@guyellis.com	www.kalyayoga.co.uk	I am running 9 1 hour mixed ability Zoom classes per week, suggested cost of £5 per class. Suited to all abilities, previous Iyengar experience recommended. Mon 9.30am, Tue 9.30am, 11.15am and 8pm, Wed 9.30am, 6.15pm and 8pm, Thurs 6.30pm and Fri 4pm.
Tara Mc Evoy	tara@sligoyogacentre.ie	-	Monday General level 7pm-8.30pm; Tuesday General level 10am-11.30am; Wednesday Beginners 8pm-9.15pm; Thursday Beginners 10.30am-11.45am; Friday Chair Yoga 10.30-11.30am. General Level, beginners with some yoga background welcome. All welcome to other classes. Booking sligoyogacentre.ie/onlineclasses
Terence Tofield	terence.yoga@gmail.com	-	I am available to teach online classes, to groups or individuals. Fees are negotiable, for those whose incomes have been affected by the lockdown. Please do email, if you have any queries.
Tessa Bull	tessabull@gmail.com		Intermediate Junior 3 teacher. 25 years teaching experience. General Classes Tues 10am and 6.30pm, Thurs 9.30am and Fri 10 am. Post therapy/slower class thurs 11.30 am. All classes 1.5 hours. £8 (concessions available on request).
Tina Dilks	tina_dilks@yahoo.co.uk	-	Am online for 6 classes per week 5 one hour and a two hour class on a Sunday .Tuesday 4 45 and 6 30 pm . Fridays same times plus a 9 30 a m. Sunday 3 til 5 pm
Trina Requena	oceanyogi@hotmail.com	oceanspirit.co.uk	I hold an Intermediate Junior 1 certificate and have been practicing Iyengar Yoga for 23 years. I am running classes: Monday & Friday 8.30 -10am general classes. Wednesday 8am to 9.15 am Restorative practice. Mobile 07576350231



Teacher or centre name	Email	Website	Brief description of teacher (maximum 40 words)
Uday Bhosale	uday@yogawithuday.com	<a href="https://www.yogawithuday.com/online-classes">https://www.yogawithuday.com/online-classes</a>	You are welcome to join the general and Intermediate level classes! Visit the website for further details.
Victoria Bridges	torbridges103@gmail.com	<a href="https://toryoga.co.uk/">https://toryoga.co.uk/</a>	Online live classes: Tuesday, 1 pm UK time: General level; Thursday, 6 pm UK time: Beginners' level; I am a IJ1 teacher and have been teaching Iyengar Yoga since 2000. I have visited Pune on three occasions, most recently in November 2019. My teaching style is friendly and encouraging and I cater to all abilities.
Virginie Colle	vocolle@hotmail.com		I run Iyengar yoga classes on zoom: Mondays 9.00am one hour class beginners, Wednesdays 6.00 pm one hour class restorative and pranayama, Saturdays 11am one hour class beginners, Sundays 10am one hour and a half class general level.
Wendy Newell	Yoga@rothiemay.com	-	Practising Iyengar yoga for 30 years and teaching for 20. Qualified to IJ3 level. Teaching 6 online classes a week via Zoom. Welcoming complete beginners through to general+/intermediate standard. See Facebook page Iyengar Yoga Wendy Newell or email for details.
William Grant	dyeritederry@gmail.com	-	Daily classes on Zoom at 11am . General Iyengar classes to suit all abilities
Yoga in Forest Hill	-	<a href="http://www.yogainforesthill.co.uk">www.yogainforesthill.co.uk</a>	Senior teachers Roberto Silva and Grazia Farina, run daily classes Iyengar Yoga Classes for beginners and experienced practitioners. Mornings 10am and afternoons 6:30pm. Visit <a href="http://www.yogainforesthill.co.uk">www.yogainforesthill.co.uk</a> for further information.

Teacher or centre name	Email	Website	Brief description of teacher (maximum 40 words)
Yoganow	lucy@yoganowstudio.co.uk	www.yoganowstudio.co.uk	Online classes every day (except Sunday) with teachers Katie Rutherford, Lucy Brownhall and Izabela Bysiak. General (70 mins.) Intermediate (105 mins.) Restorative (75 mins.) and 40 minute 'Start your day' classes.
Yogastable	info@yogastable.com	<a href="https://www.bookwhen.com/yogastable">https://www.bookwhen.com/yogastable</a>	I3 teacher 30 years practice 20 years full time teaching experience. Morning and evening classes beginners general intermediate and one to one. Timetable and booking: <a href="https://www.bookwhen.com/yogastable">https://www.bookwhen.com/yogastable</a>
Yves Bouvy	yvesbouvy@me.com	-	Yves has been teaching Iyengar Yoga for the past 20 years. Sundays, 17:00 - 18:30, General level, £8
Zoe Reason	zoereason@icloud.com	<a href="https://www.oldschoolyoga.org/">https://www.oldschoolyoga.org/</a>	Tuesday 6pm Intermediate Wednesday 6.30pm General Friday (alternates) 6.00pm Pranayama Sunday 10am General/Intermediate