

# Iyengar Yoga



## Content

Iyengar yoga is excellent for building flexibility and abdominal strength. The tutor will instruct in a series of poses gradually improving stamina and relaxation. Iyengar yoga concentrates on attaining good body alignment through meditation as well as the physical discipline brought by the practice of Iyengar yoga.

## Teaching methodologies

Teaching methodologies include:

- Mat work
- Meditation
- Stretching techniques

## Features of the course

- Programme delivered by an experienced Iyengar yoga practitioner

## Entry Requirements

Applications are invited from the following:

- Applicants with an interest in improving health and wellbeing.

Advisory notices as follows:

- Not suitable for expectant mothers
- Not suitable for individuals with back complaints

## Contact

Mary Leonard  
Iyengar Yoga Tutor  
e. [mary.leonard@libertiescollege.ie](mailto:mary.leonard@libertiescollege.ie)



# Iyengar Yoga



## Fees

Autumn Term				
Course Title	Award	Fee	Duration	Payment Code
Iyengar Yoga	None	110 Euro	10hrs	Autumn - EYOGA
Spring Term				
Course Title	Award	Fee	Duration	Payment Code
Iyengar Yoga	None	110 Euro	10hrs	Spring - EYOGS

## Timetable 2010 - 2011

Year 1			
Autumn Term			
Day	Time	Start Date	Finish Date
Wednesday	7pm to 8.15pm	Wed. 6th October 2010	Wed. 1st December 2010
Spring Term			
Wednesday	7pm to 8.15pm	Wed. 9th February 2011	Wed. 6th April 2011

## Enrolment

Term	Time	Dates	Fee Regulations
Summer 2010	5pm to 6.45pm 5pm to 6.45pm	Mon. 31st May 2010 Wed. 2nd June 2010	<ul style="list-style-type: none"> <li>Fees to be made payable by cheque or postal order made out to the City of Dublin VEC.</li> <li>All fees must be paid at the time of enrolment.</li> <li>Under no circumstances will fees be accepted in installments.</li> <li>Fees will not be refunded except where class does not form.</li> <li>Minimum class size of 9 students.</li> <li>Receipt/payment ticket must be shown to the teacher at the first class.</li> <li>CE scheme invoices will be issued on receipt of an invoice request form. Please see attached.</li> </ul>
Autumn 2010	6pm to 8pm 6pm to 8pm 6pm to 6.45pm 6pm to 6.45pm	Mon. 13th Sep. 2010 Wed. 15th Sep. 2010 Mon. 20th Sep. 2010 Wed. 22nd Sep. 2010	
Spring 2011	6pm to 8pm 6pm to 8pm 6pm to 6.45pm 6pm to 6.45pm	Mon. 17th Jan. 2011 Wed. 19th Jan. 2011 Mon. 24th Jan. 2011 Wed. 26th Jan. 2011	
			<b>Venue</b> Liberties College Bull Alley Street Dublin 8 t. +353 (0)1 454 0044