



Iyengar Yoga Jan2021

Online with Angela Hulm
& *Terence Tofield



Jan 2021 class times:

Monday 4:30pm

Tues 8pm

Weds 12:30pm

Thurs 8pm*

Friday 7:30am,

Saturday 11am

Join any of Angie's Zoom Meetings through this link. Password if needed is: AHYoga
<https://us04web.zoom.us/j/5253926502?pwd=TXcwZlFueFRGNU1TV0pUbjJPTk5LQT09>

Any 6 classes for £50 (1 class £10) **or** £50 for as many classes as you can attend in a month including At Home retreat and 20 Min self face massage video with Beverley Williams!
Please pay by bank payment Co-op Bank acc 84163316 sort 08-93-00 concessions available

Thursday 8:00pm online * with Terence Tofield To join Terence Tofield's class Meeting ID: 744 779 0685 Passcode: TYoga you can just click on his new link...

<https://us02web.zoom.us/j/7447790685?pwd=VGVBakM0cnlrWGHwCndVN1Q0bUxVQT09>

Thank you for staying home, staying safe, and saving lives.

Special thanks to those attending online class in honour BKS iyengar's birth, £50 has been donated to Bellur charity.

National Iyengar Yoga day Free class in support **Sat 16th January** 11am tell a friend!, Come back to yoga, Try online yoga... just come! Do come online at 10:30am so I can help you get set up so you hear well, and I can see you well to give you the best experience.

At Your Home weekend AH Yoga retreat Friday 22nd Jan to Sun 24th Jan,

Need a pamper night? Look up Louise Robinson's new little book of Aromatherapy for Dorling Kindersley, she's doing a package so you get a starter self care pack.

Book Now!

Jan-Mar 2021 Wednesdays 8.00 to 9.30 p.m. at the Dance Company Studios, 76, High Street, Beckenham, BR3 4LS with Shirley St. Hill. Fees payable in advance. To attend a free taster session or for further information email Janet Rickman janetmrickman@outlook.com or phone 07954404803

Feb 19-21st Country Retreat Weekend at Oxonhoath Hadlow, Kent

Prices as before, fully flexible bookings so if we can't then it'll be May, Oct or Nov so you can book with confidence. I will run online for usual £50 for any dates we can't attend there.

AH Yoga kit bags £15 **Non-slip mats** 3mm thin Purple £10 4mm Aubergine or Teal £12 T shirts Purple Iyengar Yoga 100 years logo on sleeve S M £15 Red Iyengar Yoga S, M, L £10

Web www.ahyoga.org.uk Email angelahulm@hotmail.com Mobile 07771 56 50 46



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Not tried online classes? Didn't get on with them earlier in the year? No space?

It's time to try again! Get a pair of Bluetooth

headphones, and I'll help you get set up so you can make the most of your time at home.

Iyengar Yoga kit list (missing anything? I've got lots that you are welcome to free of charge)

2 mats arranged as a cross if you have room.

4 foam pads

2 cork bricks

2 belts (one of them to be a long belt with a buckle you know how to work)

1 or 2 bolsters

2 firm blankets or towels

1 or 2 chairs with flat seat, ideally one that you can sit through the back of the chair.

New to classes with AH Yoga? Complete a registration form and subscribe via contact page to receive an invitation to join a meeting

How to use Online interactive Iyengar yoga classes so you get full benefit:

1. You need a device such as a phone or computer with a camera, speaker & internet access.
2. Charge your device fully, (turn down the brightness of the screen to avoid draining the battery).
3. Set up your camera so that the light is behind your camera, so I can see your mat and you see the floor and most of the wall behind your mat. You'll need to put it as far over the other side of the room as you can standing almost upright so you need something to prop it in position.
4. Unmute yourself if you want to ask me something during class.

- Use 2 devices so you can enjoy the best position to see me, and for me to see you well.
- Use earphones so you hear my directions clearly, and get to hear my feedback on your posture.
- Say hello from 15 minutes before the class starts, and after class.

During class you will experience the peace of hearing my instructions, seeing demonstration of key points, so you can deepen your practice in the comfort of your own home.

Ready for more? If you are already practicing daily this is an ideal time to deepen your study. If you would like books or contacts to support your study eg pranayama or philosophy I'm pleased to pass on my resources, as well as books etc on how to deepen your physical practice

Stay well - keep calm - be kind 🙏🙏🙏 Participation in classes is at your own risk

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