



Iyengar Yoga November 2021
Online classes with *Angela Hulm
Live classes with Terence Tofield in
Horley, and Angela Hulm and Shirley St
Hill in West Wickham



I enjoyed my weekend away with Maggie Dix (standing next to Eric). So good to be away with Dimity who was in the first yoga class I attended along with Maggie, back in the 80's.

Thanks to all who celebrated the 16th Anniversary of AH Yoga with me. £90 has been donated to Breast Cancer Now!

There is still one place left in the live class with me Tuesdays at 5:15pm at the Methodist Church, Hawes Lane. Socially Distanced Pre booking is essential. There will be a waiting list once the class is full.

I look forward to seeing you online, 121's available At Home, online or at yours. Contact me with your time request.

My online classes continue, and I look forward to seeing you soon.

Stay well - keep calm - be kind 🙏 🙏 🙏

90 min weekly classes Tues 5:15pm and 8pm, Thurs 8pm and Sat 11am

Tuesday 5:15pm Old Church, Methodist Church, Hawes Lane

Tuesday 8pm online with Angela Hulm

Thursday 8pm *with Terence Tofield Socially Distanced Pre booking essential 6 places available. Strawson Community Hall 158 Albert Road, Horley, RH6 7JQ

Saturday 11am *with Shirley St Hill Old Church, West Wickham Methodist Church, Hawes Lane, BR4 9AA. Socially Distanced, class full send Angie your mobile number to be added to the waiting list.

75 min weekly online classes

Mondays 3:45pm

Wednesdays 12:45pm

Fridays 7:30am

30-minute Online practice

Thursdays 7:30am weekly relaxation and pranayama practice

Join any of Angie's Zoom Meetings through this link. Password if needed is: AHYoga
<https://us04web.zoom.us/j/5253926502?pwd=TXcwZlFueFRGNU1TV0pUbjJPTk5LOT09>

Please pay if you can, Co-op Bank acc 84163316 sort 08-93-00

Any 6 classes for £50 (1 class £10) **or** £50 for as many classes as you can attend in a month

Retreat Weekend at Oxonhoath Hadlow, Kent

£275 - £395pp fully flexible bookings so you can book with confidence.

Fri 26th to Sun 28th Nov with Lydia Holmes and Edgar Stringer.



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Should I go to a physically distanced class?

Consider government advice as to whether you may socialise during covid pandemic, Not If you are self-isolating or live with someone who is currently self-isolating. Not if you need access to the loo, limited facilities available for acute situations only.

Book your place on What's App group chat for the day you are attending prebook by 8am on the day of the class using WhatsApp.

Payments must be made remotely to Angela Hulm (teachers in halls will not take payment). If you can't attend your fees can be used for any class or refunded.

Kit Bring your own kit.

Before you leave home:

1. Think! Am I symptom free? If not please stay home and practice,
2. be well hydrated, no water or food to be brought to class,
3. dress for class,
4. blow your nose,
5. use the loo,
6. wash your hands,
7. put on mask to enter building.

Attending class

1. arrive dressed ready for class,
 - Wearing a face covering,
 - Carrying your yoga kit,
 - shoe & refuse bag,
 - tissues &
 - Hand sanitiser.
2. Queuing - enter 1 minute after the person before you through the oak doors.
3. Your booking is for a specific arrival time for a numbered floor space
4. Remove your mask, shoes, and coats once you are at your allocated place. Place in your bag.
5. Apply your hand sanitiser.
6. Stay in your allocated place facing the narrow end of your mat as indicated by the teacher.

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

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

Participation in classes is at your own risk

Book Now! Wednesdays 8.00 to 9.30 p.m. in Beckenham, BR3 4LS with Shirley St. Hill. Fees payable in advance. To attend a free taster session or for further information email Janet Rickman janetrickman@outlook.com or phone 07954 40 48 03