

# Yoga Inverness

Classes in and around the Highland capital with IYENGAR Yoga teachers, qualified for over twenty years.

**Winter term 8<sup>th</sup> January to 28<sup>th</sup> March 2019**

Day	Time	Level	Venue	Teacher	Price
Tues	7pm-8:30	A	<u>Phipps Hall</u> , Beauly	Fiona Sarjeant	£7
Wed	6pm-7:15	A	<u>TKD Martial Arts Academy</u> , next to Inverness Ice	Fiona Sarjeant	£7
Wed	7:30-9pm	B	<u>TKD Martial Arts Academy</u> , next to Inverness Ice	Fiona Sarjeant	£8
Thurs	6pm-7:30	A	<u>Spectrum Centre</u> , Inverness	Donna Youngson	£6

A. Introductory – suitable for beginners or those wishing to work at a foundation level

B. Intermediate – suitable for those who have attended introductory classes for a couple of years and are ready to work on more challenging poses. Restorative/Pranayama session is taught in the last week of the month for all Fiona Sarjeant's classes.

We also organise weekend workshops – see [www.yogainverness.co.uk](http://www.yogainverness.co.uk) for further information, IM via our Facebook page or Twitter account @yogainverness or call us on 07761628949.

