

	monday	tuesday	wednesday	thursday	friday	saturday
morning		10 - 11.30am Iyengar Yoga (all levels) Fran Nixon £12/7	10 - 11.30am Iyengar Yoga (all levels) Aubrey Maasdorp £12/7	10- 11.15am Gentle Yoga Anna Jones £12/7	10. - 11.30am Iyengar Yoga (all levels) Helen Corcoran £12/7	10 - 11.15am Fun and Flow Vinyasa Shirley Brooks £14
						11.45am - 1pm Vinyasa Krama Seamus Casey £14
lunchtime	1 - 2.15pm *New class starts 21 Jan* Feldenkrais Method Colin Poole £12/7	12.30 - 2pm Hatha Yoga (all levels) Tony Marcus £12/7	12.45 - 2pm Qi Gong Tom Watson and Richard Thomas £12/7		12 - 1.15pm Class restarts 18 Jan Feldenkrais Method Colin Poole £12/7	1.15 - 2.45 Iyengar Yoga Fran Nixon £14
		2.45 - 4pm Yoga for Stress Relief Anna Jones £12/7	3 - 4.30pm Yin Yoga Maitripushpa £12/7	2.30 - 3.45pm Hatha Yoga (all levels) Tony Marcus £12/7		
afternoon						
						Sunday Workshops in Yoga and Qi Gong See Events Schedule.
evening	6 - 7.15pm Yin Yoga Julia Caird £12	6.15 - 7.30pm *new time* Hatha Flow (all levels) Alison Purchase £12	6.30 - 8pm Circular Vinyasa Flow Yoga Sherene Banner £12/8	6.15 - 7.30pm *new time* Iyengar Yoga (all levels) Suki Ali £12	6.30 - 8pm Scaravelli Inspired Yoga Anna Jones £12	
	7.30 - 8.45pm Creative Vinyasa Flow Shirley Brooks £12		8.15 - 9.30pm Gentle Vinyasa Flow Yoga Shirley Brooks £12/8			

workshops

Iyengar Workshops with **Aubrey Maasdorp**

Sun 6 Jan, 3 Feb, 3 Mar, 7 Apr 10am - 12 noon £20/15

An opportunity to work more deeply on your practice. You will learn and improve your understanding of the highly regarded Iyengar system of yoga with a highly regarded and popular teacher. All welcome to attend.

Welcome the New Year with a joyful, intention-setting yoga practice

With **Sian O'Neill & Alison Leighton** Sun 13 Jan 11am - 1pm £20/15

Through breath work, flowing sequences to detox and open your heart plus relaxing poses, set your yoga practice on the right path for 2019. All levels.

Deep Rest with Anna Jones Sun 27 Jan, Sun 17 Mar 3 - 6pm £36/24

Gentle floor-based exercises to release muscular tension (Hanna Somatics) and Pranayama (breath focus). We will focus on supported, restorative poses to calm the nervous system and boost the immune system.

Water- an Elemental Qigong workshop

with **Tom Watson & Richard Thomas** Sun 10 Feb 10am - 2pm £44/32

Water is essential to life and is fluidity and flow in the body. We will explore moving and static forms including Bear forms that relate to water. All levels.

Wood - an Elemental Qigong workshop

with **Tom Watson & Richard Thomas** Sun 24 Mar 10am - 2pm £44/32

Wood is the power of growth and is associated with the season of Spring. The expansive and spiraling qualities of Wood will be explored in moving and static forms. The Deer is associated with the Wood Element. We will use Deer forms that embody the animal's power and grace. All levels.

Scaravelli Inspired Yoga Intensive with **Anna Jones**

Sun 14 April 10am - 1pm £36/24 for students with some experience.

Guided by the pioneering work of Vanda Scaravelli we will dive into some more dynamic sequences and explore some stronger poses such as backbends and inversions to discover the joys and benefits they bring.

Yoga, Ayurveda and Spring- Transitioning through the Seasons

With **Sian O'Neill & Alison Leighton** Sun 28 April 11am - 1pm £20/15

An active and detoxifying practice of yoga to help clear any heavy qualities from winter ready for the new season. With variations and modifications to suit all bodies, ending with a long and luxurious relaxation. All levels.

Circular Vinyasa Flow Yoga with **Sherene Banner**

Wed 6.30 – 8pm

A Vinyasa Flow style yoga where the circular aspect of the practice is influenced by Tai-Chi. Through the practice we explore postures working with the breath & investigating the 'elements' and 'energy' through this moving meditation

Creative Vinyasa Flow with **Shirley Brooks**

Mon 7.30 - 8.45pm Suitable for all levels.

Gentle to moderately-paced session that builds up to a fluid flow style. Move through a sequence of postures, interspersed with strength-building holds ending with an indulgent 10-minute guided relaxation and savasana.

Feldenkrais Method with **Colin Poole**

Fri 12noon - 1.15pm Restarts 18 Jan

Mon 1 - 2.15pm ***new class*starts 21 Jan**

Enhances awareness through gentle movements to improve posture, breathing, coordination and flexibility. The method improves performance-related skills, supports recovery from injury, and cultivates more harmony in daily activities.

Fun & Flow Vinyasa with **Shirley Brooks**

Sat 10 - 11.15am

An upbeat, smooth flowing practice that includes plenty of stretching and some strengthening and balance poses ending in a luxurious savasana. You're welcome to make the class as gentle or challenging as you like. For all levels including complete beginners.

Gentle Yoga with **Anna Jones**

Thurs morning 10 – 11.15am

Guided by the principles of Vanda Scaravelli this class offers a clear, careful and detailed approach with a calm and steady pace. Promoting ease of movement and comfort in the body by mobilising stiff joints, relaxing tight muscles and revitalizing from the inside out. For people aged 18 to 98.

Gentle Vinyasa Flow Yoga with **Shirley Brooks**

Wed 8.15 - 9.30pm

Softly flowing yoga that mindfully integrates postures with the breath. Lengthen, strengthen and stretch to relax the body and balance the mind and end with a deeply restful savasana. For all levels of experience.

Hatha Flow with **Alison Purchase**Tues eve 6.15 – 7.30pm ***new time***

Soothing and relaxing sequence of Hatha yoga poses linking movements with the breath and bringing balance and joy to the body. All levels.

Hatha Yoga with **Tony Marcus**

Tues 12.30 - 2.00pm

Thur 2.30 - 3.45pm

A practice to extend the spine and enjoy the body. Movement is slow and focuses on spinal health, core strength and undoes the damage caused by sitting. Influenced by the teachings of Vanda Scaravelli and Anna Ashby

Iyengar Yoga with **Fran Nixon**

Tues 10 - 11.30am

Sat 1.15 - 2.45pm

with **Helen Corcoran**with **Aubrey Maasdorp**with **Suki Ali**

Wed 10 -11.30am

Thurs 6.15 - 7.30

new time

The highly regarded Iyengar method places special focus on developing strength, endurance and correct body alignment, flexibility and relaxation. Classes emphasise precision and include standing and sitting poses, forward and back bends, supine balances, inversions and relaxation. All levels

Qi Gong with **Richard Thomas** and **Tom Watson**

Wed 12.45 - 2pm

The practice enhances the flow of qi, our vital energy, calms the mind and energises the body to build strength, stamina, balance and coordination.

Scaravelli Inspired Yoga with **Anna Jones**

Fri eve 6.30 – 8pm

A sensitive and intuitive approach to yoga, cultivating awareness of the breath, spine and gravity. Opening, softening and lengthening we listen, deeply awakening the body's innate wisdom.

Vinyasa Krama with **Seamus Casey**

Sat 11.45am - 1pm

Krama means a step by step progression. Krama allows the practitioner to either stay at the first posture building strength and creating space or building experience opting to go deeper into more advanced asana making it accessible to everyone. A creative Vinyasa sequence coupled with kramic gradual movements brings fresh light and awareness to your practice.

Yin Yoga with **Maitripushpa**with **Julia Caird**

Wed afternoon 3– 4.30pm

Mon evening 6 -7.15pm

An opportunity to become friends with your body. Yin yoga uses floor-based postures to help us soften and wake up, staying in shapes for sustained periods.

Yoga for Stress Relief with **Anna Jones**

Tues 2.45 – 4.00pm

This gentle, friendly class offers effective, natural ways to relieve stress, anxiety, depression and insomnia. We will explore postures that release physical and mental tension, breathing techniques, and deep relaxation.

North London **Buddhist** Centre

72 Holloway Rd, London, N7 8JG

(nearest tube: Holloway Rd or Highbury & Islington)

020 7700 1177

www.northlondonbuddhistcentre.com

Booking arrangements for day events and courses

Full payment is needed for all bookings. Payments are not refundable. Payment can be transferred 72 hours before the start date subject to a £10 administration fee. After this point no transfers will be made.

Booking is not required for weekly classes.

Just drop in and pay the receptionist on arrival.

All classes are suitable for complete beginners unless otherwise stated.

Please inform the teacher before starting a class if you have any injury or health condition, especially heart problems, diabetes, Meniere's disease, detached retina, MS, epilepsy, or if you have recently had an operation. If you are pregnant please ask the teacher if his/her class is suitable for you.

Wear comfortable clothing that does not restrict movement. We recommend that you do not eat for 2 hours before a yoga class.

Discount Card special offer

Discount cards available for £12 classes (10 classes for £108), for £14 classes (10 classes for £126) Valid for three months.

y o g a

iyengar*yin*vinyasa*hatha & more

qigong feldenkrais

January to April 2019

