

# Yoga Stable Timetable

8 September – 21 December 2008 – 14 week term

★ **No classes during the week 20<sup>th</sup> – 26<sup>th</sup> October**



**Yoga Stable**

Certified Iyengar Teachers

## ADULT IYENGAR YOGA CLASSES

<b>Monday</b>	Iyengar Yoga Beginners 1	17:45 – 19:00	Annamaria Sacco	£105
	Iyengar Yoga Beginners 1-2	19:15 – 21:00	Annamaria Sacco	£105
<b>Tuesday</b>	Iyengar Yoga Beginners 1/ 1-2	09:30 – 11:00	Annamaria Sacco	£105
	Iyengar Yoga Beginners 2	17:55 – 19:25	Annamaria Sacco	£105
	Iyengar Yoga Beginners 2-3	19:30 – 21:30	Annamaria Sacco	£140*
<b>Wednesday</b>	Iyengar Yoga Introductory Beginners	18:00 – 19:15	Maureen Clarke	£105
	Iyengar Yoga Beginners 1	19:45 – 21:00	Rachel Woodward	£105
<b>Thursday</b>	Iyengar Yoga Beginners 1	18:00 – 19:15	Clare Trodden	£105
<b>Friday</b>	Iyengar Yoga Beginners 1/1-2	09:30 – 11:00	Annamaria Sacco	£105
	Remedial Class – for Knees, Back and Neck. (Starting 31 October for 7 weeks) (Minimum 4 people, Maximum 6 people, with 2 teachers)	11:45 – 13:00	Annamaria Sacco and	£140
<b>Saturday</b>	Iyengar Yoga Level 3-4 (Intermediate)	9:00 – 12:00	Annamaria Sacco/Clare Stephen	£224*

\*SPECIAL OFFER – Level 2-3 and 3-4 classes taken together costs £350

**New** – One to one Yoga sessions with Annamaria – available on request.

- **Iyengar Yoga Introductory:** Suitable for complete beginners, recommended as a trial, if you have never done any yoga before.
- **Level 1:** Suitable for beginners and for students who wish to consolidate this level.
- **Level 1-2:** Suitable after about three terms of attendance. We start introducing level 2 poses and deepen the understanding of level 1 poses.
- **Level 2:** Suitable after at least 6-8 terms of regular class attendance.
- **Level 2-3:** Suitable for students who have started to become more committed to a regular yoga practice and have been in Level 2 for at least one year.
- **Intermediate:** For students who have developed a home practice and have been attending classes for at least two to three years.
- Classes described as Level 1/ 1-2 are mixed ability classes.
- Evening classes require a minimum of 8 students to run and daytime classes require 5. (See above for Remedial class minimums)

Drop-in fees: Intro, Level 1, 1-2, 2 - **£8**    Level 2-3 - **£12**    Level 3-4 - **£18**

## Iyengar Yoga Workshops

<b>Pranayama</b> *Please book directly with Jenny on 0131 447 1312	Sundays	12 Oct, 9 Nov, 7 Dec	10:00-12:30	£14 per session Jenny Livingstone
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**To enroll in classes, please post a cheque, payable to Yoga Stable.**

**If you have sent in an enrolment form and cheque, please assume that you have a confirmed place, unless you hear from us.**

*Missed classes can be made up with classes of the same level or below DURING THE SAME TERM.*

*\*Drop-in only allowed when there is space available in the class*

**Recommendations:** Please wear comfortable clothing. Do not eat or drink before class. Allow approximately 4 hours after a meal or 2 hours after a snack. Always inform your teacher if you have any medical condition that you think we should know about. Please try to be on time. Ten minutes before the session is a good time to arrive. Please see overleaf for information about other classes and our range of complementary therapies.



**See reverse side for:**

**PRE-NATAL AND POST NATAL CLASSES, Children's Classes, Baby Massage Courses, Complementary Therapies**

## YOGA IN ITALY – IN AUTUMN 2008

Saturday 18<sup>th</sup> October until Wed morning 22<sup>nd</sup> October

14 hours tuition: Saturday evening 2 hours, plus 3 hours every morning. £140 for the course  
Suitable for all. A superb chance to have a great holiday exploring the Tirreno coast of Italy (Liguria, fly into Genoa), tasting gorgeous food and doing yoga at the same time.

Please contact Annamaria at [anna@yogastable.com](mailto:anna@yogastable.com) for more information.

# Yoga Stable Timetable – continued

Pre and Post-natal classes, Courses and Complementary Therapies

## PRE-NATAL & POST-NATAL CLASSES

<b>Monday</b>	Post-Natal Yoga (Mother and Baby Yoga)	10:30 – 11:30	Annamaria Sacco	£112
<b>Friday</b>	Pre-Natal Yoga	17:00 – 18:00	Annamaria Sacco	£105

## CHILD AND BABY MASSAGE COURSES with Iona Beaumont

Baby Massage for 0-12 month olds, 6 week block beginning 21 August	10:45 – 12:00	£45 (per parent and child together)
Baby Massage for 0-12 month olds, 6 week block beginning 2 October	10:45 – 12:00	£45 (per parent and child together)
Baby Massage for 0-12 month olds, 6 week block beginning 13 November	10:45 – 12:00	£45 (per parent and child together)

### ★New Course

#### Massage for 4-6 year olds

Learn how to give your child a fantastic massage and they can learn how to give you one too in this relaxing after-school family class. A simple and fun routine is taught through stories, songs and rhymes in a dynamic three week course for parents, and children aged 4-6. Bedtime will never be the same again! Most children love being massaged and benefits can include feeling happy, being calmer, improving self-confidence and promoting better sleep. Course is based on the internationally renowned Massage in Schools Programme. **Thursday 30th October, Thursday 6 November, and Thursday 13 November.** Cost: £25 per parent and child for the 3 week course.

## CHILDREN CLASSES

<b>Monday</b>	Drama – 7-11 year olds <b>Starts 22 September – 8 December</b> (No classes on 20 and 27 October)	15:45 - 17:00	Freda O' Byrne	£50 (for 10 weeks)
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## Complementary therapies

### Tuesday

**Acupuncture, Acupressure and Chinese Herbs available** with Megan Burt on Tuesdays from 08:00 to 15:00 (last appointment) 1 hour £35. Also Facial Rejuvenation with Acupuncture £40. Please book directly with Megan on 07903 503142.

### Wednesday

**Reflexology and Reiki** with Mike MacGregor on Wednesdays from 10.45 to 1.45. Classical reflexology, metamorphic reflexology and chi reflexology techniques are used. Reiki: second degree of the Usui, System of natural healing. Comprehensive health consultation. £35 an hour for both therapies. **Half hour taster sessions available: £15 for new clients.** Please book directly with Mike on 07743472939.

**Deep Tissue and Nurturing Massage** with Stuart Dinwoodie on Wednesdays from 2:00 to 18:45 (last appointment) ½ hour £25; 1hour £40 or 1½ hour £50. **SPECIAL: Book 5 massages and get 6<sup>th</sup> FREE.** To book, call Yoga Stable on 0131 556 9526.

### Thursday

**Therapeutic, Swedish, Deep Tissue/Hands Free, Pregnancy, Post Natal, Indian Head Massage and Baby Massage plus 'Learn the basics of therapeutic massage', 'Partner Massage during Pregnancy' and 'Birth Partner and Labour Preparation Workshops' for couples,** with Iona Beaumont on Thursdays. Clinic times are 1:00-4:00pm although couple sessions and baby massage can be booked at other times. Prices vary, so please check [www.knotstressed.com](http://www.knotstressed.com) Book directly with Iona on: 07717 783230 or email: [iona@knotstressed.com](mailto:iona@knotstressed.com)

### Friday

**Therapeutic Massage, LA Stone Therapy, Full Body Massage, Aromatherapy, Indian Head Massage, Thermo-Auricular Therapy** with Annette West. Costs vary between £15 and £45 depending on therapy and length of session. Friday mornings plus other times available as well. To book, call Annette on 07989 891802 or Yoga Stable on 0131 556 9526.

**Holistic Massage** with Clive Clarke on Fridays from 15:00 only 2 appointments of 1½ hour each. 1-hour Cost £35, 1½ hour £40. To book, call Yoga Stable on 0131 556 9526.