

Yoga Programme

January – June 2019



**norwich
buddhist
centre**

Our practise and teaching of yoga takes place within a context of Buddhism, which emphasises an integration of awareness and kindness leading to positive mental states.

Regular practise of yoga has many benefits as it integrates body and mind, bringing vitality, flexibility and a sense of wellbeing.

If you experience any chronic or acute conditions, please ask your doctor's advice and also speak to the yoga teacher before booking.

Class Levels

level 1

for complete beginners or for those returning to yoga after a break

level 2 / previous yoga experience recommended
suitable after approximately one year of level 1

all levels

mixed group for newcomers and experienced

Important note concerning pregnancy

Pregnancy is not a good time to start yoga and we cannot accept newly-pregnant women into our classes. If you are already practising and are known to our teachers, they can teach you during the second trimester, provided there are no complications with the pregnancy and that you have your doctor's assurance that it is safe to practise yoga.

Booking

To secure a place on courses and workshops, full payment in advance is required. Booking online is encouraged at

www.norwichbuddhistcentre.com/yoga

Please ask about our refund policy or find it online.

Please make cheques payable to 'Norwich Buddhist Centre'

Yoga Drop-In Classes

all levels unless otherwise stated | please check website to confirm class dates

Monday | Anya Konefal

previous yoga experience recommended

7 Jan – 24 Jun

10 – 11.30am | £8

Monday | Suryadarshini

7 Jan – 25 Mar

6 – 7.15pm | £8

Monday | Anya Konefal

previous yoga experience recommended

7 Jan – 25 Mar

7.30 – 9.15pm | £8

Tuesday | Sarah Whiteley

8 Jan – 25 Jun

6 – 7.30pm | £8 or £35 for 5 classes, paid in advance and used within 8 weeks

Wednesday | Anya Konefal

yoga and relaxation – beginners welcome

9 Jan – 26 Jun

10 – 11.30am | £8

Thursday | Anya Konefal

10 Jan – 27 Jun

10 – 11.30am | £7/£6

Thursday | Sarah Whiteley

3 Jan – 27 Jun

6 – 7.15pm | £7 or £30 for 5 classes, paid in advance and used within 8 weeks

Thursday | Suryadarshini

previous yoga experience recommended

3 Jan – 28 Mar (no class 14 Feb)

7.30 – 9pm | £10

Friday | Anya Konefal

4 Jan – 28 Jun

10 – 11.30am | £7/£6

Friday | Anya Konefal

previous yoga experience required

11 Jan – 28 Jun

5 – 7pm | £9

Yoga Workshops

Sat 10 – 1pm | Sun 10.30 – 1.30pm

all levels unless otherwise stated

Anya Konefal

Sat 12 Jan, Sun 24 Feb, Sun 31 Mar, Sun 30 Jun
£23/£19

previous yoga experience recommended

Sun 28 Apr, Sun 12 May

£25/£20

Hester Clack

Sat 6 Apr

£23/£19

Sarah Whiteley

Sun 20 Jan, Sat 16 Mar, Sat 11 May
£22/£18

Suryadarshini

Sun 10 Feb

£23/£19

Candlelit yoga with Anya – Friday evenings

4 Jan, 8 Feb, 1 Mar 19 Apr, 31 May, 21 Jun

5 – 7pm

7.30 – 9pm

£15/£13

£13/£12

Yoga Courses

Suryadarshini | Monday

Bodhiyoga
all levels

7 Jan – 11 Feb 6-week course
6 – 7.15pm | £40 (£8 drop in)

18 Feb – 25 Mar 6-week course
6 – 7.15pm | £40 (£8 drop in)

Suryadarshini | Thursday

Bodhiyoga
previous yoga experience recommended

3 Jan – 7 Feb 6-week course
7.30 – 9pm | £50 (£10 drop in)

21 Feb – 28 Mar 6-week course
7.30 – 9pm | £50 (£10 drop in)

Karunachitta | Monday

Level 2 Iyengar Yoga

1 Apr – 13 May 5-week course
(no class 22 Apr and 6 May)
7.30 – 9.15pm | £45/£38

10 Jun – 1 Jul 4-week course
7.30 – 9.15pm | £36/£29

Vimalamitra | Monday

Level 1 Iyengar Yoga

8 Apr – 20 May 5-week course
(no class 22 Apr and 6 May)
6 – 7.15pm | £35/£30

3 Jun – 1 Jul 5-week course
6 – 7.15pm | £35/£30

Vimalamitra | Thursday

Level 2 Iyengar Yoga

4 Apr – 18 Apr 3-week course
7.30 – 9.15pm | £24/£21

25 Apr – 23 May 5-week course
7.30 – 9.15pm | £40/£35

6 Jun – 4 Jul 5-week course
7.30 – 9.15pm | £40/£35

Anya Konefal | Monday

hatha yoga next step
previous yoga experience recommended

7 Jan – 11 Feb | 6-week course – inversions
10 – 11.30am | £42/£36 (£8 drop-in)

25 Feb – 8 Apr | 7-week course
backbends & inversions
10 – 11.30am | £49/£42 (£8 drop-in)

3 Jun – 24 Jun | 4-week course – ropework
10 – 11.30am | £28/£24 (£8 drop-in)

Anya Konefal | Monday

hatha yoga next step
previous yoga experience recommended

7 Jan – 11 Feb | 6-week course
7.30 – 9.15pm | £42/£36 (£8 drop-in)

25 Feb – 25 Mar | 5-week course
7.30 – 9.15pm | £35/£30 (£8 drop-in)

Anya Konefal | Wednesday

hatha yoga & relaxation – beginners welcome

9 Jan – 13 Feb | 6-week course – yoga foundations I
10 – 11.30am | £42/£36 (£8 drop-in)

27 Feb – 3 Apr | 6-week course – yoga foundations II
10 – 11.30am | £42/£36 (£8 drop-in)

10 Apr – 15 May | 6-week course – yoga and relaxation
10 – 11.30am | £42/£36 (£8 drop-in)

5 Jun – 26 Jun | 4-week course
yoga & relaxation towards meditation
10 – 11.30am | £28/£24 (£8 drop-in)

Anya Konefal | Friday

hatha yoga for experienced students

11 Jan – 1 Feb 4-week course – inversions
5 – 7pm | £32/£28 (£9 drop-in)

8 Mar – 5 Apr 5-week course – backbends
5 – 7pm | £40/£35 (£9 drop-in)

26 Apr – 17 May 4-week course – ropework
5 – 7pm | £32/£28 (£9 drop-in)

All of Anya's courses can be attended as drop-ins, based on availability, contact Anya to check: 07982 452159

Yoga Teachers

Anya Konefal

Anya, British Wheel of Yoga trained, has been practising different forms of yoga for 20 years both in Poland and the UK and has over 10 years' yoga teaching experience. Her classes focus on developing awareness to improve alignment of the body and relaxation to improve mental states. Anya's classes are based on Hatha Yoga.

Hester Clack

Hester trained in Hatha Yoga with the British Wheel of Yoga (500 hours) and has been teaching since 2011. Her friendly classes help students to relax and re-energize through developing increased awareness of body, breath and mind. She emphasizes body alignment and safe individual practice. Hester also teaches the deep relaxation practice of Yoga Nidra.

Karunachitta

Karunachitta is an experienced teacher of Iyengar Yoga. Her classes are precise, light and fun – excellent for postural alignment, vitality, and relaxation. The classic poses include standing, sitting, twists, inversions, back bends, recuperative and Pranayama.

Sarah Whiteley

Sarah has been practising yoga for 19 years and mainly draws inspiration from Vanda Scaravelli's approach. Her classes allow you to work at your own pace, releasing tension, responding to gravity, becoming attentive to your breath.

Suryadarshini

Suryadarshini has been practising yoga for 14 years and teaches Bodhiyoga, a Hatha Yoga practice based firmly upon Buddhist principles and meditation. She encourages exploration of yoga postures and practice through kindness, mindfulness and receptivity.

Vimalamitra

Vimalamitra has many years' experience of practice in Iyengar Yoga. His friendly classes will get you extending and energised, leaving you lighter, calmer and more relaxed.

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