

# Yoga Programme

July – December 2018



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 classes or workshops.

## Class Levels

level 1

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

level 2 / experienced

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](http://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** (hatha yoga)

previous yoga experience recommended

2 July – 31 December

10 – 11.30am

£8

### **Tuesday | Sarah Whiteley**

17 July – 18 Dec

6 – 7.30pm

£8 or £35 for 5 classes, paid in advance and used within 8 weeks

### **Wednesday | Anya Konefal** (hatha yoga)

yoga and relaxation

4 July – 19 December

10 – 11.30am

£8

### **Thursday | Anya Konefal** (hatha yoga)

5 July – 27 December

10 – 11.30am

£7/£6

### **Thursday | Sarah Whiteley**

19 July – 13 Dec

6.00 – 7.15pm

£7 or £30 for 5 classes, paid in advance and used within 8 weeks

### **Friday | Anya Konefal** (hatha yoga)

6 July – 28 December

10 – 11.30am

£7/£6

### **Friday | Anya Konefal** (hatha yoga)

previous yoga experience required

6 July – 14 December

5 – 7pm (5 – 6.30pm on 27 July, 28 Sep, 26 Oct, 30 Nov)

£9

## **Yoga Workshops**

Sat 10 – 1pm

Sun 10.30 – 1.30pm (unless otherwise stated)

all levels unless otherwise stated

### **Anya Konefal**

all levels

Sun 8 July, Sun 26 Aug, Sun 16 Sept, Sun 23 Dec, Sun 30 Dec

£22/£18

for experienced students

Sat 20 Oct, Sun 18 Nov

£23/£19

### **Hester Clack**

Sat 18 Aug

£23/£19

### **Karunachitta**

Sun 2 Dec

£25/£20

### **Sarah Whiteley**

Sat 8 Sept, Sun 23 Sept, Sat 10 Nov, Sat 1 Dec

£22/£18

### **Viprasanna – Yin Yoga**

**11am to 2pm**

Sun 9 Sept, Sun 7 Oct, Sun 4 Nov

£22/£18

### **Candlelit yoga with Anya – Friday evenings**

24 Aug, 21 Sept, 19 Oct

7.30 – 9pm

£13/£12

9 Nov, 21 Dec, 28 Dec

5 – 7pm

£15/£13

# Yoga Courses

## Karunachitta | Monday

### Level 1 and Level 2 Iyengar Yoga

**23 July – 6 Aug**      **3-week course**  
6 – 7.15pm            Level 1  
£21/£15

**23 July – 6 Aug**      **3-week course**  
7.30 – 9.15pm        Level 2  
£25/£18

**10 Sept – 1 Oct**      **4-week course**  
6 – 7.15pm            Level 1  
£28/£21

**10 Sept – 15 Oct**    **6-week course**  
7.30 – 9.15pm        Level 2  
£50/£42

**5 Nov – 26 Nov**      **4-week course**  
6 – 7.30pm            Level 1  
£28/£21

**5 Nov – 10 Dec**      **6-week course**  
7.30 – 9.15pm        Level 2  
£50/£42

## Vimalamitra | Thursday

### an Iyengar general class requiring some yoga experience

**19 July – 2 Aug**      **3-week course**  
7.30 – 9.15pm        £24/£21

**13 Sept – 27 Sept**    **3-week course**  
7.30 – 9.15pm        £24/£21

**4 Oct – 6 Dec**        **9-week course**  
7.30 – 9.15pm        £72/£63

## **Anya Konefal | Monday**

### **hatha yoga next step**

previous yoga experience recommended

<b>2 July – 23 July</b> 10 – 11.30am	<b>4-week course</b> £28/£24 (£8 drop-in)	summer yoga course
<b>20 August – 3 September</b> 10 – 11.30am	<b>3-week course</b> £21/£18 (£8 drop-in)	end-of-summer yoga course
<b>17 September – 8 October</b> 10 – 11.30am	<b>4-week course</b> £28/£24 (£8 drop-in)	working towards standing poses
<b>15 October – 29 October</b> 10 – 11.30am	<b>3-week course</b> £21/£18 (£8 drop-in)	working towards backbends
<b>12 November – 10 December</b> 10 – 11.30am	<b>5-week course</b> £35/£30 (£8 drop-in)	working towards inversions

## **Anya Konefal | Wednesday**

### **hatha yoga & relaxation**

<b>4 July – 18 July</b> 10 – 11.30am	<b>3-week course</b> £21/£18 (£8 drop-in)	yoga and relaxation
<b>15 August – 5 September</b> 10 – 11.30am	<b>4-week course</b> £28/£24 (£8 drop-in)	yoga & relaxation
<b>19 September – 24 October</b> 10 – 11.30am	<b>6-week course</b> £42/£36 (£8 drop-in)	yoga and relaxation
<b>7 November – 5 December</b> 10 – 11.30am	<b>5-week course</b> £35/£30 (£8 drop-in)	yoga & relaxation towards meditation

## **Anya Konefal | Friday**

### **hatha yoga for experienced students**

<b>6 July – 20 July</b> 5 – 7pm	<b>3-week course</b> £24 (£9 drop-in)	summer course
<b>17 August – 7 September</b> 5 – 7pm	<b>4-week course</b> £32 (£9 drop-in)	late summer course
<b>14 September – 28 September</b> 5 – 7pm	<b>3-week course</b> £24 (£9 drop-in)	standing poses
<b>5 October – 26 October</b> 5 – 7pm	<b>4-week course</b> £32 (£9 drop-in)	backbends
<b>16 November – 7 December</b> 5 – 7pm £32 (£9 drop-in)	<b>4-week course</b> inversions	

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

## Yoga Teachers

### **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.

### **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.

### **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.

### **Anya Konefal**

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

### **Viprasanna (Derek Smith)**

Viprasanna trained with the British Wheel of Yoga. Currently exploring and teaching yin yoga – a practice of passive poses that address the deep body tissues and joints and encourages an enhanced body awareness. Viprasanna regards yoga as a major element of his Buddhist practice.

### **Hester Clack**

Hester trained in Hatha Yoga with the British Wheel of Yoga and has been teaching since 2011. Her friendly classes help students to relax and re-energize. She emphasises body alignment and safe individual practice. Hester also teaches the deep relaxation practice of Yoga Nidra.

## **Norwich Buddhist Centre**

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W: [www.norwichbuddhistcentre.com](http://www.norwichbuddhistcentre.com)