

Yoga Programme

July – Dec 2019



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 / 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.

Yoga Drop-In Classes

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

Monday | Anya Konefal (hatha yoga)

next step class - previous yoga experience recommended
1 July - 30 Dec
10 – 11.30am
£8

Tuesday | Sarah Whiteley

2 July - 17 Dec (no class 20 & 27 Aug)
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
10 July - 18 Dec
10 – 11.30am
£8

Thursday | Anya Konefal (hatha yoga)

11 July - 19 Dec
10 – 11.30am
£7/£6

Thursday | Sarah Whiteley

4 July - 19 Dec (no class 22 & 29 Aug)
6 – 7.15pm
£7 or £30 for 5 classes, paid in advance and used within 8 weeks

Thursday | Suryadarshini (Bodhiyoga)

15 Aug - 19 Dec (no class 19 & 26 Sep, 5 & 12 Dec)
7.30 – 9pm
£9 or £7.50 if block booked
contact buddhistbodhiyoga@gmail.com to block book

Friday | Anya Konefal (hatha yoga)

12 July - 27 Dec
10 – 11.30am
£7/£6

Friday | Anya Konefal (hatha yoga)

previous yoga experience required
12 July - 6 Dec
5 – 7pm
£9

Saturday | Suryadarshini (Bodhiyoga)

occasional Saturdays - check website for dates
5 - 6.30pm
£9 or £7.50 if block booked
contact buddhistbodhiyoga@gmail.com to block book

Yoga Workshops

Sat 10 – 1pm

Sun 10.30 – 1.30pm

all levels unless otherwise stated

Anya Konefal

Sun 25 Aug, Sun 29 Sep, Sat 19 Oct

£23/£19

Sun 22 Dec, Sun 29 Dec

£25/£20

previous yoga experience recommended

Sun 24 Nov

£25/£20

Hester Clack

Sat 2 Nov

£23/£19

Karunachitta

previous yoga experience required

Sun 8 Dec

£25/£20

Sarah Whiteley

some previous yoga experience required

Sun 14 July, Sat 5 Oct, Sat 7 Dec

£23/£19

Suryadarshini

Sun 28 July, Sat 17 Aug, Sun 1 Sep, Sat 21 Dec

£23/£19

previous yoga experience required

Sun 27 Oct, Sat 9 Nov

£23/£19

Viprasanna

Sun 21 July, Sat 14 Sep, Sun 15 Dec (all 11am – 2pm)

£23/£19

Candlelit yoga with Anya – Friday evenings

previous yoga experience recommended

13 Sep, 11 Oct

1 Nov, 20 Dec, 27 Dec

7.30 - 9pm

5 - 7pm

£13/£12

£15/£13

Yoga Courses

Karunachitta | Monday

22 July - 5 Aug **3-week course**
level 2
7.30 – 9.15pm
£28/£20

9 Sep - 30 Sep **4-week course**
level 2
2 - 3.45pm
£38/£30

21 Oct - 2 Dec **7-week course**
level 2
2 - 3.45pm
£66/£58

Vimalamitra | Monday

22 July - 5 Aug **3-week course**
Level 1
6 - 7.15pm
£22/£19

9 Sep - 14 Oct **6-week course**
Level 1
6 - 7.15pm
£45/£39

Level 2
7.30 - 9.15pm
£51/£45

28 Oct - 9 Dec **7-week course**
Level 1
6 - 7.15pm
£52/£45

Level 2
7.30 - 9.15pm
£59/£52

Vimalamitra | Thursday

25 July - 1 Aug **2-week course**
Level 2
7.30 - 9.15pm
£17/£15

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

Anya Konefal | Monday **hatha yoga next step class**

8 - 29 July **4-week course**
previous yoga experience recommended
10 – 11.30am
£28/£24 (£8 drop-in)

9 - 30 Sep **4-week course**
previous yoga experience recommended
10 – 11.30am
£28/£24 (£8 drop-in)

7 - 28 Oct **4-week course**
previous yoga experience recommended
10 – 11.30am
£28/£24 (£8 drop-in)

11 - 25 Nov **3-week course**
previous yoga experience recommended
10 – 11.30am
£21/£18 (£8 drop-in)

2 - 30 Dec **4-week course**
previous yoga experience recommended
10 – 11.30am
£32/£28 (£8 drop-in)
no class 16 Dec

Anya Konefal | Wednesday **hatha yoga & relaxation**

10 - 31 July **4-week course**
10 – 11.30am
£28/£24 (£8 drop-in)

11 - 25 Sep **3-week course**
10 – 11.30am
£21/£18 (£8 drop-in)

2 - 23 Oct **4-week course**
10 – 11.30am
£28/£24 (£8 drop-in)

13 - 27 Nov **3-week course**
10 – 11.30am
£21/£18 (£8 drop-in)

Anya Konefal | Friday
hatha yoga next step class

12- 26 July **3-week course**
previous yoga experience recommended
5 – 7pm
£24/£21 (£9 drop-in)

13 - 27 Sep **3-week course**
previous yoga experience recommended
5 – 7pm
£24/£21 (£9 drop-in)

11 - 25 Oct **3-week course**
previous yoga experience recommended
5 – 7pm
£24/£21 (£9 drop-in)

15 - 29 Nov **3-week course**
previous yoga experience recommended
5 – 7pm
£24/£21 (£9 drop-in)

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 11 years' yoga teaching experience. Her classes focus on developing awareness to improve alignment of the body, inner strength and relaxation to improve mental states.

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 over 30 years experience of practice in Iyengar Yoga, which is well known for helping back pain and other health problems. He has trained with B.K.S. Iyengar himself. His friendly classes will get you stretching and energised, awakening body and mind, leaving you lighter, calmer, more relaxed - and more alive!

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.

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