

Iyengar Yoga in Depth

yoga is a knowledge process



Yoga is a light, which once lit, will never dim. The better your practice, the brighter the flame.

— B.K.S. Iyengar

TERM 1: Feb 2023, Mar 2023, Apr 2023, May 2023

TERM 2: Feb 22, Jun 2023, Jul 2023, Aug 2023, Sep 2023

TERM 3: Oct 2023, Nov 2023, Dec 2023, Jan 2024

- Do you feel a spark has been ignited from your encounter with Yoga?
- Do you want to immerse yourself in the study of Yoga?
- Do you want to transition from “class go-er” to “student”?
- Are you inspired by the teachings of BKS Iyengar?
- Do you come to class regularly and prioritise coming to class over social engagements?
- Can you commit to home practice (or improving your home practice if you already have one)?
- Have you stopped “shopping around” and found that Iyengar Yoga is a useful tool in your life? It's your operating system!

Duration: Feb 2023 - Jan 2023

Number of Terms: 3

Meetings Per Year

Thursday 5:45pm Discussion / Asana **18**

(some meetings will be asana practice, some discussion)

Friday Intensives: Asana Intensive **12**

Sunday Mornings: Practice & Study **12**

Power of Practice: Mon. - Fri. 7:00am - 8:00am **3**

Self Practice Time **18**

Class Attendance **12 per term**

(Level I, Level II or Level III - in the same time-slot for that term)

Required Texts:

- ▶ *Tree of Yoga* by BKS Iyengar.
- ▶ *Yoga in Action, Preliminary Course Book* by Geeta Iyengar

Administration:

- ▶ for the efficient organisation and easy sharing of information, Dropbox (file sharing cloud based software) is used.



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About The Meetings

Thursday 5:45pm - 7:15pm Discussion / Asana

Some Thursday meetings will be discussion based and others practical.

Discussion: discuss the ideas that have come from your reading and homework.

Practical: practice based where we investigate how to approach practice and particularly for your condition, state and profile.

Friday 6:00pm - 9:00pm Asana Intensive

This will be a 3-hour intensive class focussing on acquiring a deeper understanding of postures.

Sunday Morning Practice & Study

(Sunday timings are approximate)

7:00am - 9:15am Timed Practice: we follow a themed practice.

9:15am - 9:45am Break

9:45am - 11:15am Asana Pedagogy

Power of Practice - Mon. to Frid. 7:00am - 8:00am

Break the tamas of sleep and start the day with practice. If you cannot make it in person, you can attend online.

Self Practice Time

Come to the centre and practice in an environment conducive to practice. Practicing together influences us in positive ways.

See schedule for Self Practice Times.

Class Attendance

At the beginning of the term, you choose a Level I, Level II or Level III class to attend regularly for that term — the teacher can get to know you better and you can, more systematically, be progressed by your teacher.

Enrolment:

Applications form due before **Monday, 6 February 2023.**

Enrolment Fee: \$8,240 per term

This is payable before the beginning of each term. The fee includes the meetings, classes and practice times for the term.

The fee is payable by cash, cheque, direct transfer to our HSBC account (400 182747 001) or EPS.

(We are sorry but due to transaction limits and in our efforts to keep costs lower, payment by credit cards is excluded.)

By persistent and sustained practice, anyone and everyone can make the yoga journey and reach the goal of illumination and freedom.

- B.K.S. Iyengar



**Iyengar Yoga Centre
of Hong Kong**