

# 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: May 2024, Jun 2024, Jul 2024, Aug 2024**

**TERM 2: Sept 2024, Oct 2024, Nov 2024, Dec 2024,**

**TERM 3: Feb 2025, Mar 2025, Apr 2025, May 2025**

- 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: May 2024 - May 2025**

**Your Commitment**

— come to “Self Practice Time” 6 times per term

**Approximately Once Per Month**

**Friday 6:30pm - 8:00pm**      **Yoga in Depth**

**Saturday #1: 5:15pm - 6:45pm**      **Yoga in Depth**

**Saturday #2: 7:00am - 8:30am**      **Led Practice**  
(Saturday #1 & Saturday #2 are normally different dates)

**Sunday 1:15pm - 3:15pm**      **Asana Lab**

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

**ROUND 1: 1-5 July 2024**

**ROUND 2: 18 - 22 November 2024**

**ROUND 3: 5 - 9 May 2025**

**Choose a Class to Attend Regularly:**

- choose one time slot & stick to it as much as you can.
- either a Level I, Level I/II, Level II or Level III class

**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.



# Iyengar Yoga in Depth

## — about the meetings

### **Yoga in Depth**

Some of these meetings will be discussion based and others will be practical.

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

*Practical:* practice based where we investigate how to approach practice, and how to tailor it for you.

### **Saturday Morning Practice**

7:00am - 8:30am Timed Practice: we follow a themed practice of postures followed by Pranayama — feel the difference when your day has started with Yoga.

### **Sunday Āsana Lab**

You will be together with the apprentices who are training to become Iyengar Yoga teachers. Together we will investigate a selected group of postures at the meeting.

### **Power of Practice**

#### **Mon. to Frid. 7:00am - 8:00am**

This happens 3 times in one year.

Break the tamas (lethargy) 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 & do your own practice in an environment conducive to practice - you feel motivated and inspired when you practice amongst others. Practicing together influences us in positive ways.

**See class schedule for Self Practice Times.**

### **Class Attendance**

Choose a class to attend regularly for the year — the teacher can get to know you better and you can systematically progress with the help of your teacher.

### **Enrolment:**

Applications form due before **Monday, 5 May 2024.**

**Enrolment Fee:** \$7,500 per term  
(3 terms per year)

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

*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**

**Dates for:**

- **Saturday 7:00am - 8:30am Led**

**Practice**

- **Sunday 1:15pm - 3:15pm Asana Lab**

Meeting 1

25-26 May 2024

Meeting 2

15-16 June 2024

Meeting 3

3-4 Aug 2024

Meeting 4

7-8 September

Meeting 5

5-6 October

Meeting 6

2-3 Nov 2024

Meeting 7

30 Nov - 1 Dec 2024

Meeting 8

8-9 Feb 2025

Meeting 9

8-9 March 2025

Meeting 10

5-6 April 2025

Meeting 11

3-4 May 2025

Meeting 12

7-8 June 2025

**Dates for the "Yoga in Depth" Meetings**

Meeting 1

18 May 2024, Saturday 5:15pm - 6:45pm

Meeting 2a

22 June 2024, Saturday 5:15pm - 6:45pm

Meeting 2b

23 June 2024, Sunday 9:45am - 11:15am

\* note the time-slot is different for this month

Meeting 3a

9 August 2024, Friday 6:30pm - 8:00pm

Meeting 3b

10 August 2024, Saturday 5:15pm - 6:45pm

Meeting 4

13 September 2024, Friday 6:30pm - 8:00pm

Meeting 5a

11 October 2024, Friday 6:30pm - 8:00pm

Meeting 5b

12 October 2024, Saturday 5:15pm - 6:45pm

Meeting 6

25 October 2024, Friday 6:30pm - 8:00pm

Meeting 7a

6 December 2024, Friday 6:30pm - 8:00pm

Meeting 7b

7 December 2024, Saturday 5:15pm - 6:45pm

Meeting 8

14 February 2025, Friday 6:30pm - 8:00pm

Meeting 9a

14 March 2025, Friday 6:30pm - 8:00pm

Meeting 9b

15 March 2025, Saturday 5:15pm - 6:45pm

Meeting 10

11 April 2025, Friday 6:30pm - 8:00pm

Meeting 11a

9 May 2025, Friday 6:30pm - 8:00pm

Meeting 11b

10 May 2025, Saturday 5:15pm - 6:45pm

Meeting 12

14 June 2025, Saturday 5:15pm - 6:45pm