

Iyengar Yoga in Coventry

Class details

Day	Time	Details	Level
Tuesday	7.15 - 8.45 pm	St Barbara's Church Hall Rochester Road, Earlsdon, CV5 6AG	Beginners
Thursday	7.30 - 9.00 pm	King Henry VIII Sports Centre Warwick Road Cv3 6AQ	Mixed ability including Beginners

Contact details:

Phone: 0770 953 1374

E-mail: Elainebev@btinternet.com

Website: www.iyengaryogacoventry.co.uk

Facebook: Iyengar Yoga with Elaine

Teacher: Elaine Spraggett

Prices for weekly classes

**Drop in: £8.50 OR discounted price of £39 for a block booking of 6 classes
i.e. (£6.50 each), ticket valid for 2 months, and covering all Coventry classes.**



Only the world's most knowledgeable and rigorously trained yoga teachers earn the Iyengar Yoga Certification Mark: BKS Iyengar in the standing Natarajasana. This symbol is your guarantee that I am trained and qualified to the highest standards in yoga. I carry full appropriate insurance. I have studied Iyengar yoga since 1997 and qualified as an Iyengar Yoga teacher in 2004.