

Elaine's Classes in Birmingham

Class details

Day	Time	Details	Level and price
Monday	10.30 am – 12 noon	<i>Iyengar Yoga Institute of Birmingham, 150 Westley Road, Acocks Green. B27 7UR</i>	Mixed ability, Including beginners £9 drop in or £75 for 10
Monday	12.30 – 1.30 pm	<i>Iyengar Yoga Institute of Birmingham, 150 Westley Road, Acocks Green. B27 7UR</i>	10 week Foundation course. £65. Contact Elaine for details of start dates

Contact details:

Phone: 0770 953 1374

E-mail: Elainebev@btinternet.com

Website: www.iyengaryogacoventry.co.uk

Facebook: Iyengar Yoga with Elaine

Teacher: Elaine Spraggett



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.