

OUR TEACHERS

All of our teachers at the Institute are certified Iyengar® Yoga Teachers (CIYTs)

Claudia Boehm

trained by the Iyengar Yoga Institute of San Francisco/U.S.A.

Hermann Traitteur

trained by the Iyengar Yoga Institute of San Francisco/U.S.A.

Anna Pohlmann

trained by the Iyengar Yoga Institute of Berlin

Elke Gutsell

trained by the Iyengar Yoga Institute of Berlin

Inger Kuehn

trained by the Iyengar Yoga Institute of Berlin

Julia Ehlert

trained by the Iyengar Yoga Institute of Berlin

Rita Kupfer

trained by the Iyengar Yoga Institute of Berlin

Martín Núñez

trained by the Iyengar Yoga Institute of Berlin

OUR PRICES

60 minutes: 12,- €

90 minutes: 15,- €

10-visit pass / 60 minutes: 100,- €

10-visit pass / 90 minutes: 130,- €

students and pupils

60 minutes: 10,- €

90 minutes: 13,- €

10-visit pass / 60 minutes: 80,- €

10-visit pass / 90 minutes: 110,- €

10-visit passes are valid over the course of 3 months

PLEASE NOTE:

Besides Julia's class on Thursday at 7.30 pm, our classes are taught in german. The entire teaching staff speaks english as well. Just give the teacher a heads up at the beginning of class, so he/she can provide you with additional instructions in english if necessary.

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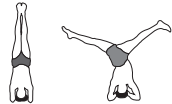
AUTUMN
2018
SCHEDULE

SCHEDULE

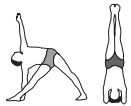
September - October 2018



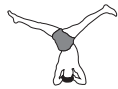
Level 1
Beginner's drop-in classes with a duration of 60 minutes



Level 2 & 3
90 min. class that is open to students with a regular Iyengar Yoga practice



Level 1 & 2
90 min. class
Mixed level drop-in classes, that are open to beginners, as well as people who are familiar with Iyengar Yoga



Level 3
90 min. class.
Requirements: Regular Iyengar Yoga practice (at least 3 years)
Free head- and shoulderstand without support
+ Personal interview



Level 2
90 min. class that is open to students who are familiar with head stand (either against the wall or free)

Women's class + Pregnancy
Women only
+ Suitable during pregnancy

Yoga 55+
Drop-in class for practitioners over 55

Restorative
Focus on regenerating asanas + also suitable during pregnancy

Multiple Sclerosis
For practitioners with multiple sclerosis, Open class

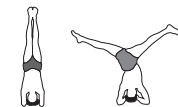
Therapy classes I + II
Upon appointment + personal interview,
For students with injuries, chronic conditions or other individual needs.
Please contact us for further information

KK - Krankenkasse
Subsidised by public health insurance

MONDAY



17.00 - 18.30
Anna / KK



19.00 - 20.30
Claudia / KK



19.30 - 20.30
Rita

TUESDAY



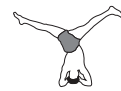
8.00 - 9.30
Claudia / KK

Yoga 55+
10.00 - 11.30
Claudia

Therapy I
16.00 - 17.30
Claudia



18.00 - 19.00
Elke



18.00 - 19.30
Claudia



20.00 - 21.30
Rita

WEDNESDAY

Women's class + Pregnancy
10.00 - 11.30
Inger / KK

Multiple Sclerosis
16.00 - 17.30
Martin

Restorative
18.30 - 20.00
Elke



18.00 - 19.00
Martin



18.00 - 19.30
Claudia / KK



20.00 - 21.00
Martin

THURSDAY

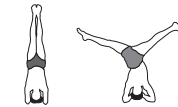


10.00 - 11.30
Julia

Therapy II
17.00 - 18.30
Hermann



17.30 - 19.00
Elke



19.00 - 20.30
Hermann / KK



19.30 - 20.30
Julia (in english)

FRIDAY



9.00 - 10.30
Inger / KK

Therapy II
17.00 - 18.30
Hermann

Therapy I
19.00 - 20.30
Hermann

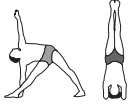


17.30 - 18.30
Anna / KK



19.00 - 20.30
Martín

SATURDAY



11.00 - 12.30
Anna

SUNDAY



11.00 - 12.30
Anna



18.00 - 19.30
Anna