

OUR TEACHERS

Claudia Boehm

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

Hermann Traitteur

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

Anna Pohlmann

certified Iyengar Yoga Teacher
trained by the Iyengar Yoga Institute of Berlin

Elke Gutsell

certified Iyengar Yoga Teacher
trained by the Iyengar Yoga Institute of Berlin

Inger Kuehn

certified Iyengar Yoga Teacher
trained by the Iyengar Yoga Institute of Berlin

Julia Ehlert

certified Iyengar Yoga Teacher
trained by the Iyengar Yoga Institute of Berlin

Rita Kupfer

certified Iyengar Yoga Teacher
trained by the Iyengar Yoga Institute of Berlin

Martín Núñez

certified Iyengar Yoga Teacher
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.

IYENGAR YOGA INSTITUTE OF BERLIN

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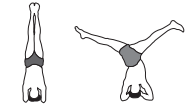
www.iyengar-yoga-berlin.de



SPRING
2018
SCHEDULE

SCHEDULE

March - May 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

Women's class
Women only + Suitable during pregnancy

Yoga 55+
Drop-in class for practitioners over 55

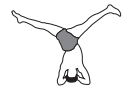
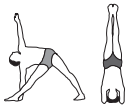
Restorative
Focus on regenerating asanas

MS
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

Contact us for further information

KK - Krankenkasse
Subsidised by public health insurance



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

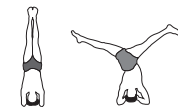


Level 2
90 min. class that is open to students who are familiar with head stand (either against the wall or free)

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
10.00 - 11.30
Inger

MS
16.00 - 17.30
Martin

Restorative
18.30 - 20.00
Elke



18.00 - 19.00
Martin

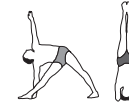


18.00 - 19.30
Claudia / KK



20.00 - 21.00
Martin

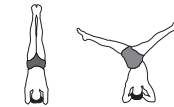
THURSDAY



10.00 - 11.30
Julia



17.30 - 19.00
Elke



19.00 - 20.30
Anna



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

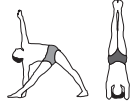


17.30 - 18.30
Anna / KK



19.00 - 20.30
Martín

SATURDAY



11.00 - 12.30
Anna



11.00 - 12.30
Anna



18.00 - 19.30
Anna

SUNDAY