

OUR TEACHERS

Annette Herrenleben

certified Iyengar Yoga Teacher
trained by the Iyengar Yoga Institute (RIMYI)
in Pune/India

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: 11,- €
90 minutes: 14,- €
10-visit pass / 60 minutes: 95,- €
10-visit pass / 90 minutes: 120,- €
students and pupils
60 minutes: 9,- €
90 minutes: 12,- €
10-visit pass / 60 minutes: 75,- €
10-visit pass / 90 minutes: 100,- €

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

IYENGAR YOGA INSTITUTE OF BERLIN

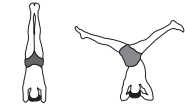
Torstr. 126, 10119 Berlin
(Subway: U8 Rosenthaler Platz)
info@iyengar-yoga-berlin.de
Tel +49-30- 285 99 7-89
www.iyengar-yoga-berlin.de



SCHEDULE
SUMMER
2017

SCHEDULE

July - September 2017



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

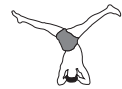
Restorative
Focus on regenerating asanas

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)

Pranayama
90 min. class. Not an open class, requirement: Personal interview with Annette before attending the class

MONDAY

Therapy II
17.00 - 18.30
Hermann

Yoga 55+
19.00 - 20.30
Claudia / KK

Women's class
19.30 - 20.30
Rita

TUESDAY

Women's class
8.00 - 9.30
Claudia / KK

Yoga 55+
10.00 - 11.30
Claudia

Therapy I
16.00 - 17.30
Annette / Claudia / Hermann

Therapy II
18.00 - 19.00
Elke

Yoga 55+
18.00 - 19.30
Annette

Women's class
20.00 - 21.30
Hermann / KK

WEDNESDAY

Women's class
10.00 - 11.30
Annette

MS
16.00 - 17.30
Hermann / KK

Restorative
18.30 - 19.30
Annette

Therapy I
18.00 - 19.00
Martin

Yoga 55+
18.00 - 19.30
Hermann / KK

Women's class
20.00 - 21.00
Elke

THURSDAY

Women's class
10.00 - 11.30
Annette

Therapy II
17.00 - 18.30
Hermann

Therapy I
17.30 - 19.00
Elke

Yoga 55+
19.00 - 20.30
Hermann

Women's class
19.30 - 20.30
Julia

FRIDAY

Women's class
9.00 - 10.30
Inger / KK

Pranayama
17.00 - 18.30
Annette

Yoga 55+
17.30 - 18.30
Anna / KK

Women's class
19.00 - 20.30
Annette

SATURDAY

Women's class
11.00 - 12.30
Anna

SUNDAY

Therapy I
11.00 - 12.30
Anna

Women's class
18.00 - 19.30
Anna