

# 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

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60 minutes: 12,- €

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90 minutes: 15,- €

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10-visit pass / 60 minutes: 100,- €

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10-visit pass / 90 minutes: 130,- €

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students and pupils

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60 minutes: 10,- €

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90 minutes: 13,- €

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10-visit pass / 60 minutes: 80,- €

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10-visit pass / 90 minutes: 110,- €

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

## PLEASE NOTE:

*Our classes are taught in german. Our teachers do speak 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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# WINTER 2017/18 SCHEDULE

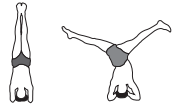
# SCHEDULE

## December - February

For information regarding the Christmas holidays please check our website



**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

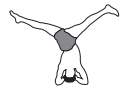
**Therapy classes I + II**  
Upon appointment + personal interview, For students with injuries, chronic conditions or other individual needs

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

**Therapy II**  
17.00 - 18.30  
Hermann

**Level 3**  
19.00 - 20.30  
Claudia / KK

**Level 1**  
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  
Claudia & Hermann

**Level 1**  
18.00 - 19.00  
Elke

**Level 2**  
18.00 - 19.30  
Claudia

**Level 1**  
20.00 - 21.30  
Hermann / KK

### WEDNESDAY

**Women's class**  
10.00 - 11.30  
Inger

**MS**  
16.00 - 17.30  
Hermann / KK

**Restorative**  
18.30 - 20.00  
Elke

**Level 1**  
18.00 - 19.00  
Martin

**Level 2**  
18.00 - 19.30  
Hermann / KK

**Level 1**  
20.00 - 21.00  
Martin

### THURSDAY

**Women's class**  
10.00 - 11.30  
Julia

**Therapy II**  
17.00 - 18.30  
Hermann

**Level 1**  
17.30 - 19.00  
Elke

**Level 2**  
19.00 - 20.30  
Hermann / KK

**Level 1**  
19.30 - 20.30  
Julia

### FRIDAY

**Women's class**  
9.00 - 10.30  
Inger / KK

**Level 1**  
17.30 - 18.30  
Anna / KK

**Level 1**  
19.00 - 20.30  
Martín

### SATURDAY

**Women's class**  
11.00 - 12.30  
Anna

### SUNDAY

**Level 1**  
11.00 - 12.30  
Anna

**Level 1**  
18.00 - 19.30  
Anna