

# 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

*Claudia Lamas Cornejo*

trained by the Iyengar Yoga Institute of Berlin

*Bert Harder*

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:

*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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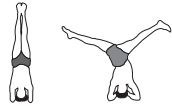
# WINTER 2019 SCHEDULE

# SCHEDULE

## January - March 2019



**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+**  
Open class for yoga practitioners over 55

**Restorative**  
Focus on regenerating asanas + also suitable during pregnancy

**Multiple Sclerosis**  
For practitioners with MS, open class

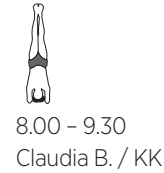
**Therapy classes I + II**  
Upon appointment + personal interview, For students with injuries, chronic conditions or other individual needs. Please contact us for further information

**KK - Krankenkasse**  
Subsidised by public health insurance

### MONDAY



### TUESDAY



**Yoga 55+**  
10.00 - 11.30  
Claudia B.

**Therapy I**  
16.00 - 17.30  
Claudia B.



### WEDNESDAY

**Women's class + Pregnancy**  
9.30 - 11.00  
Inger / KK

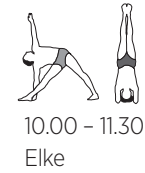
**Yoga for Children**  
16.30 - 17.30  
Claudia L.C.

**Multiple Sclerosis**  
16.00 - 17.30  
Martin

**Restorative**  
18.30 - 20.00  
Elke



### THURSDAY



**Therapy II**  
17.00 - 18.30  
Hermann



### FRIDAY



**Therapy II**  
17.00 - 18.30  
Hermann

**Therapy I**  
19.00 - 20.30  
Hermann



### SATURDAY



### SUNDAY

