



Val Kenmir IYENGAR® Yoga

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> **Home Yoga in Cheltenham: Iyengar Yoga Classes**

Home

Yoga classes with Val Kenmir in Charlton Kings and at the Cheltenham Holistic Health Centre, Cheltenham, Gloucestershire.

Class Information

Val Kenmir is a fully certified, registered and insured teacher of the Iyengar Yoga Association (UK). She has been practising yoga for many years which includes a rigorous two and a half year teacher training programme. Val is passionate about yoga and the sense of well being it brings. Classes are supportive and friendly with close individual attention.

Iyengar Yoga

About Val

Yoga keeps you fit, toned and flexible, bringing stamina and vitality. It helps manage stress and aids relaxation. With regular yoga practice both the circulatory system and the respiratory system become healthier and thus the body is better prepared to fight off disease.

Testimonials

Contact Val

Iyengar yoga is suitable for all ages and all levels of fitness and flexibility. It is progressive, safe and orderly. You will learn precision and subtlety in your practice. The poses are adjusted to meet your individual conditions and needs.

Timetable , Term Dates and Prices

Timetable?

Mondays	9:30 – 11:00am	St Mary's Parish Centre, New Street, Charlton Kings, Cheltenham, GL53 8JJ
Wednesdays	10 – 11:30am	Cheltenham Holistic Health Centre, 32 Wellington Rd, Pittville, GL52 2AG

Term Dates [Sept 2011– July 2012]?

Autumn Term 11: Mon 5 Sept – Fri 16 Dec (incl)

Half Term week: Mon 24 Oct – Fri 28 Oct

(First half term: 7 weeks, Second half term: 7 weeks)

Spring Term 12: Wed 4 Jan – Fri 30 Mar (incl)

Half Term week: Mon 13 Feb – Fri 17 Feb

Summer Term 12: Mon 16 April – Fri 20 July (incl)
Half Term week: Mon 4 June – Fri 8 June

Classes restart in September 2012 after school holidays.

Cost?

- . Half-termly paid in advance - £8 per class.
- There's no obligation to continue after the first week if it's not for you. Missed classes can be made up at either venue during the half term.
- . Or drop-in - £9 per class.
 - . You are much more likely to feel the benefits if you attend classes regularly.

>Class Information

What to Expect?

Each class will begin with a few minutes of relaxation. You will then be guided through various standing, sitting and revolving poses, forward bends, back bends, inverted and recuperative poses. The teacher is trained to use props to help you achieve the poses to the best of your ability. The class ends with relaxation and pranayama (breathing) techniques.

What to wear?

Wear anything comfortable – leggings or shorts and T-shirts are most suitable. We work in bare feet.

Equipment?

Equipment is provided. If you have a yoga mat you are welcome to bring it should you wish.

Food and Drink?

- . Leave 3-4 hours after a main meal and 1-2 hours after a light snack.
- . Please drink water before or after class rather than during it.

Other Points?

- . Val will need to be informed of medical conditions and any injuries.
- . Students undergoing treatment with a doctor, osteopath or chiropractor must liaise with Val.
- . If you are menstruating there are certain postures that are not suitable, so please let Val know.

>Iyengar Yoga

There are over 200 classical yoga poses, from simple to incredibly difficult. Each of the many styles of yoga that exist today emphasise different aspects of the practice.

The Iyengar method, developed by BKS Iyengar, follows a structured approach which allows you to progress safely through the poses in a graduated sequence from basic to the more advanced. Emphasis is placed on accurate alignment of the body so you will learn precision and subtlety in the poses. The teaching and poses are adjusted to meet your individual conditions and needs. Props (e.g. belts and blocks) are used to help you achieve the poses to the best of your ability.

BKS Iyengar, now in his nineties, was one of the first people to introduce yoga to the West: he has made it accessible and relevant to people everywhere. It is the world's most widely practiced form of yoga.

For more information, visit the UK's Iyengar website at www.iyengaryoga.org.uk.

>About Val

I first discovered Iyengar Yoga in 1999 in Cirencester. I soon realised how good it made me feel and didn't look back. My teacher is Judi Sweeting and I was trained by Judith Jones. I hold an Introductory 2 Certificate.

Training as a teacher has enabled me to share with others the health and well being it brings to both body and mind. Teaching yoga is a fulfilling and enriching experience. Seeing my students develop their capabilities and feel the benefits of their practice is a real pleasure.

I also hold yoga classes for both pupils and staff at a local senior school.

>Testimonials

"Val's yoga classes are a crucial part of my week, leaving me physically invigorated and mentally relaxed. Her knowledge and enthusiasm ensure that our sessions are immensely enjoyable and productive. She takes time to understand our individual strengths and weaknesses and tailors the class to accommodate everyone's needs. I've learnt that subtle adjustments in a pose can make a big difference.

Our yoga classes strike a perfect balance by being both up-beat and fun, yet still calm and focused." AM

"I have gained enormously from just a few short weeks of tuition by Val. She is highly trained and passionate about the benefits of Iyengar Yoga. Her depth of knowledge and patience in supporting students is impressive. Even though I enjoyed Hatha Yoga for over 20 years I am learning something new every single lesson." SP

"Val makes Yoga so much fun. She is an excellent teacher and I have learnt a great deal and truly benefitted from her expertise. Val's style is warm and supportive. I have a long standing injury to my left foot and Val has worked with me to find positions that enable me to progress in the class without damaging my foot further, and in fact, the exercises have strengthened the foot and helped me heal." MP

>Contact Val

For enquiries and bookings:

phone: 0794 1201254

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Or via the Cheltenham Holistic Health Centre:

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web: www.chhc.co.uk