

A weekend of Iyengar Yoga with  
**BOBBY CLENNELL**

Delivered face to face and online

February 24-26, 2023

at Inverness Creative Academy, Midmills Building, Stephen's Street. Inverness, IV2 3JP or

on Zoom for those from further afield



Bobby Clennell has been a direct student of B.K.S. Iyengar, Geeta Iyengar and Prashant Iyengar for over 43 years and teaches at the Iyengar Yoga Institute of New York. She is the author and illustrator of three books, *Watch Me Do Yoga*, *The Woman's Yoga Book* and *Yoga for Breastcare*. Bobby's teaching style is strong, energetic, precise and kind. She is also the creator of *Yoga Yantra*, a beautiful animated short film based on the movements of B.K.S. Iyengar; you can find out more about her at [www.bobbyclennell.com](http://www.bobbyclennell.com)

## Class details

**Friday, February 24, 6 – 9pm (GMT)** Iyengar Yoga teachers, and trainees, Intermediate and experienced students only.

*Hanomanasana* benefits the body by opening and elongating the quadriceps and front hip flexors and lengthening and releasing tension in the hamstrings. We will work in a way that supports the delicate structure of the lower back and sacroiliac joints and find a subtle lift through the pelvic floor and deep abdominal muscles (engaging *Mula Bandha* and *Uddiyana Bandha*). Energetically, *Hanomanasana* is stimulating and energizing. It opens the heart chakra (*Anahata chakra*), the seat of peace, harmony, and compassion. **Cautions: Please don't come if you have hamstring or groin injuries.**

**Saturday, February 25, 10:00 am – 12:30pm (GMT):** Standing poses - General Level

**Saturday, February 25, 3:00 – 5:00 pm (GMT):** Twists and forward bends - General Level

**Sunday, February 26, 9:30 am – 12:00pm (GMT):** Backbends - General Level

**Sunday, February 26, 1:30 – 3:30 pm (GMT):** Restorative yoga & pranayama - General level

| Cost                  | In Person | In-person (ESIYI)* | Online |
|-----------------------|-----------|--------------------|--------|
| Full weekend          | £110      | £105               | £85    |
| Friday Teachers class | £30       | £25                | £25    |
| Saturday full day     | £50       | £45                | £40    |
| Sunday full day       | £50       | £45                | £40    |

\*ESIYI – non-teacher members of East of Scotland Iyengar Yoga group get a discount if attending in-person. There is an option to choose this when booking. For further information on this please contact us.

Preference will be given to those booking the full weekend (Fri/Sat/Sun). A recording for the days booked will be available for two weeks for those booking on-line.

There are two further discounted places for those suffering from financial hardship, these will be available on a *first-come-first-served* basis – please contact us for further information.

## Practical things

For those attending by Zoom please note - Bobby will need to see you, please arrange your device so you can be seen and be prepared to change the camera angle if need be.

For everyone, Bobby has asked people to have the following equipment:

- 1 x metal folding chair with the back removed
- 2 x sticky mats
- 1 or 2 bolsters
- 2 x yoga belts (or 1 x 6ft, Pune belt)
- 2 x identical bricks
- 4 x foam blocks
- 2 x blankets

Some equipment will be available to borrow on the day but let us know in advance if you need anything.

## How to book

Please visit [Timetable - Yoga Inverness](#) and select February. There are various options to book – **online**, **in-person** or **ESIY member** each option is colour coded on the website. Please ensure you choose the correct option. Those booking the online sessions will be sent a Zoom link for the days booked by email a few days prior to the event. Payments are made via PayPal; please note you do NOT need a PayPal account to make payment.

Cancellation – if you need to cancel, please get in touch ASAP. Any cancellation payments will be made minus our PayPal fee.

## Contact us

Any queries please contact [info@yogainverness.co.uk](mailto:info@yogainverness.co.uk)