



Iyengar Yoga

with Barbara Hicks and Dave Dayes
17 – 24 September 2012

To be read together with our A4 colour folder, see our web site and click on 'Contact & brochure'



Barbara Hicks has been teaching yoga since 1974 and has the Junior Intermediate Level 3 certificate for Iyengar Yoga. She gives regular classes at her home studio and Citylit, where she teaches the Advanced Yoga course. She also works therapeutically with pregnant women and students with certain physical conditions/ailments.



Dave Dayes has been teaching Iyengar Yoga since 2007, both at their home studio and also at Citylit in Covent Garden. Supported by the charity The Prison Phoenix Trust, he also works with offenders in a South London bail hostel.

Dave and Barbara have developed their own unique style of teaching, where one instructs whilst the other works individually with students, correcting their alignment and helping them to use props therapeutically. They aim to challenge their students to make progress on their poses, but the general atmosphere is light hearted and fun. They recognise that everyone develops at their own pace and aim to teach with compassion and empathy.

The daily programme will include Pranayama classes, Asana classes and is an opportunity to move your practice on, whilst relaxing and enjoying yourself on holiday. Classes will start early with an invigorating morning class, approximately two to two and a half hours long, followed by a substantial breakfast. There will be a second class in the late afternoon/early evening which will include more restorative poses and Pranayama, and will be the same length as the morning class.

The focus will be on correct alignment of the body in poses, ensuring you are working safely, with maximum benefit to your flexibility, strength and wellbeing. Classes generally start with simple poses and gradually move towards more advanced poses, ending with a period of relaxation and sometimes incorporating breathing techniques. Props such as blocks and belts are sometimes used to allow those with less strength or flexibility to work correctly and achieve their full potential. The course is suitable for all levels. Beginners will feel safe to progress in their practice and more advanced students will have the opportunity to work on more challenging poses.



There will be plenty of time between classes to go on local walks, both guided and independent, swim from nearby small rocky coves and a day out at the nearby town of Fethiye for those that want to sample local culture.

Price: 7 nights £400. Prices include full-board based on sharing a twin room or in a single log cabin, excluding flights and transfers. For more comfort (limited availability), twin log cabin as single supplement £50, twin room as single supplement £70 per week. Full-board includes breakfast and dinner every day and lunch on five days.

Booking: Booking is direct with Barbara Hicks and Dave Dayes. Please contact them direct. T: 07879 444 199, E: yogabarbara@waltersway.co.uk

Or contact us at Yuva for further information: T: + 44 (0) 1760 755888 E: yuva@vegiventures.com
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