



<https://yogasheffield.org/venue/silverdale-school/>

About Iyengar Yoga

Yoga, or more properly Hatha Yoga, is an ancient art which helps to promote a sense of physical and emotional well-being. Iyengar Yoga is a form of the classic Hatha Yoga as practiced, researched and taught by B.K.S. Iyengar, one of the most respected and well-known yoga teachers in the world.

B.K.S. Iyengar has written a number of definitive yoga texts including 'Light On Yoga', and 'Light on Pranayama', introducing Hatha Yoga to the West, where it became known as Iyengar Yoga. Until his death, at the age of 96, he continued to play an active role, deliver yoga classes and training at the Ramamani Iyengar Memorial Yoga Institute in Pune, India. His son, Prashant, daughter, Geeta and granddaughter, Abhijata, are renowned teachers who carry on his work.

In a yoga class you will be introduced to the postures of yoga, known as asanas, which include standing, sitting, inversions, forward extensions, backbends, twists, abdominal and recuperative postures. These asanas not only tone the muscles, tissues, ligaments, joints, and nerves, but also contribute to maintaining the smooth functioning and health of all the body's systems. They both strengthen and calm the body and mind and help recover from fatigue, weakness and the stress of daily life. The practice of these asanas brings vitality, flexibility, strength, balance, concentration, self-confidence and mental calm. Each class ends with a period of relaxation.

Typically, each class put the emphasis on a particular groups of asanas, working in a focused way to energise and relax specific areas of the body.

Everyone can practice yoga. It does not matter whether you are fit or flexible. You work within your own capabilities, which will improve with regular practice.

The distinctive features of Iyengar Yoga include:

- A methodical and progressive system of teaching with emphasis on alignment and safety, with beginners working on simple postures according to their capabilities.
- Attention to correct posture and precise alignment of the body parts, use of breathing to assist stretching and relaxation.
- The creative and safe use of equipment such as blocks, belts, bolsters, blankets and chairs, used initially to help the practitioner to achieve a better and safer posture.

Teachers

[Lorraine Bonete](#) 0780 756 7532 lorraine.bonete@gmail.com
[Pascale Vacher](#) 0794 164 6418 pascale_vacher@yahoo.co.uk



Class/Workshop Levels at Silverdale School

There are several yoga classes with **Lorraine Bonete** on Tuesday and **Pascale Vacher** on the other evenings:

- **Beginners** (Tuesday 19.00 to 20.15) - for beginners
- **Teens** (Friday 16.45 to 17.45) - for teenagers in Years 11, 12 and 13 at Silverdale School
- **Foundation** (Friday 18.00 to 19.20) - for complete beginners or those who want a gentler class
- **Beginners** (Wednesday 18.05 to 19.30) - for beginners
- **General** (Wednesday 19.30 to 21.00) - for those who have done at least 2 years of Iyengar yoga.
- **Intermediate** (Thursday 18.45 to 20.30) - experienced students and teachers or by permission of the teacher.

When you feel ready (check with your teacher) you can move to the next level class. It is also possible occasionally to attend another class of suitable level (e.g., if you not available for your regular class, in the same block).

Email: Pascale_Vacher@yahoo.co.uk and lorraine.bonete@gmail.com

Iyengar Yoga classes at Silverdale School –Sept 2018

Health

You will be expected to complete a health declaration on your enrolment form. All information you provide will be treated with strict confidence – it is only required to ensure your own safety.

Mainstream yoga classes are not suitable for people with certain medical conditions such as high blood pressure, heart diseases or other heart problems, epilepsy, cancer or benign tumours, diabetes, Meniere's disease, detached retina, AIDS, MS and ME. There are some therapeutic classes at the Sheffield Yoga Centre (telephone: 07944 169 238 or email: info@sheffieldyogacentre.co.uk for details) in which suitable support can be provided.

If you are pregnant, if have recently been ill or have had an operation, if you are menstruating, if you have had an injury or your medical condition has changed please inform your teacher before the class as some of the postures must be avoided or adapted during this time. Appropriate instructions will be provided to you.

If you have a fever or are contagious avoid attending classes until you are feeling better. Home practice will be safer and more beneficial at that time.

If you have difficulties or experience pain, dizziness, breathlessness or light-headedness in any of the postures, please tell your teacher. Adjustments may be needed to continue the practice comfortably and safely.

Food

It is advisable not to eat much more than a light snack for at least two hours before the class. No food or drink to be brought into the yoga hall.

Clothing and Equipment

Wear comfortable unrestrictive clothing to class. Shorts or leggings and a T-shirt are best. To adjust your body alignment your teacher will need to see your knees and ankles. You may want to bring with you an additional sweater, socks, a blanket to keep warm and a small light cloth to cover your eyes during relaxation at the end of the class.

Yoga is always practised bare feet. Please ensure that they are clean, and any verruca or open wound is well-covered.

All other necessary props (yoga mats, blocks, belts, etc.) will be provided. You will however be encouraged to purchase your own equipment to practise at home and, if you can and want to, bring it with you to the class. Students often prefer to use their own equipment. To get started we recommend (in order of importance) a mat, one or two belts, two bricks and two or four blocks. Not that much of an investment and it will last you forever... Yoga equipment can be bought at discounted prices through SADIYI teachers (please ask or see www.yogasheffield.org for details).

For your own safety and comfort of others please wear clean clothes, avoid jewellery, chewing gums and wearing perfume in class. And, of course, switch off your phones!

Venue

The classes take place in the Dance Studio of Silverdale School, located on Bents Crescent (off Bents Drive), Sheffield, S11 9QH. The school is very easy to reach by bus (88). It also provides a vast parking facility. The studio is on Floor 2, Block D, last room on the right. Follow anyone with a mat and look for shoes by the door! Detailed directions can be found on our website: <https://yogasheffield.org/venue/silverdale-school/>.

Cost

Cost of the classes depends on class duration and level when paid by block (typically 5 to 8-week long following the school calendar) in advance. Concession rate and drop-in rate are available. Please check website for details. For further details or to book a place please contact the teacher.

For more information about Iyengar yoga and details of other Iyengar Yoga classes in Sheffield, please check our website : www.yogasheffield.org.

Privacy policy

Our privacy policy can be found [here](#).