



# Iyengar yoga classes with Pascale Vacher

## Q&As

### What is Iyengar Yoga?

Yoga, or more properly Ashtanga 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 Ashtanga Yoga as practised, 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 yoga to the West, where it became known as Iyengar Yoga. Until 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, together with his daughter, Geeta. His son, Prashant, granddaughter, Abhijata, are renowned teachers who today 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 energise and relax 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.

The classes are all different and, each puts emphasis on particular groups of asanas, working in a focused way to open, energise or 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.

### Who is your teacher?

Pascale Vacher started Iyengar yoga in 1994. She qualified as an Introductory level Iyengar yoga teacher in 2007 and has been holding a Level 3 (Junior Intermediate level 3) certificate since 2011. Now a full-time yoga teacher, she runs several adults' daytime and evening online classes of various levels.

She has a particular interest in anatomy and the understanding of the physical structures and principles underlying movement to enhance the safe and efficient practice of yoga poses and to improve strength, flexibility, balance and posture.

She is also a member of the SADIY committee, the local Iyengar yoga group, acting as Treasurer, maintaining the [SADIY website](#), and helping organise yoga events.

### Who is yoga for?

The answer is simple: **everyone can practice yoga**. If you are not very fit or flexible to start with it does not matter. You work within your own capabilities, which will improve with regular practice.

However, mainstream yoga classes may not be 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 other therapeutic classes in which appropriate support and guidance will be provided – please ask for details.

As part of your registration, you are expected to complete a [confidential registration and health form](#). All information you provide will be treated with strict confidence – it is required to ensure your own safety and by our insurers.

If you have recently been **ill** or have had an **operation**, if you have had an **injury**, if you are **pregnant**, or if you are **menstruating**, 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.

### Can we eat or drink before and during class?

It is advisable not to eat much more than a light snack for at least two hours before the class.

No drink should be taken while practicing – unless otherwise advised by your teacher.

### What should I wear?

Please wear clean, comfortable clothes that do not restrict your movement and allow your teacher to check your posture. Most people wear vest tops or T-shirts, shorts, or leggings (not too baggy – to adjust your body alignment your teacher will need to see your knees and ankles!). You may want to use 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 and if possible, use your own mat until they have healed.

For your own safety and comfort of others please avoid jewellery, chewing gums and wearing perfume in class.

And, of course, please switch off your phones!

### What equipment do I need?

You will use a mat and other props such as blankets, bolsters, belts or chairs. You may need to bring some of these with you to the classes.

Initially, you may be able to borrow some of these from your teacher, but you will be encouraged to purchase your own equipment. Yoga equipment can be bought at discounted prices through your teacher. Please ask for details.

To get started we recommend (in order of importance) 1 mat, 1 or 2 belts, 2 bricks, 4 blocks and 2 blankets. Not that much of an investment and they will last you forever.

### Which class will be best for me?

Classes are for specific level of experience or with a particular focus. If you are not sure about the levels, please ask. Please contact me to discuss which class will be best for you, depending on your experience, availability and preference.

Pascale teaches in-person classes at the [Ecclesall Library](#) (S11 9PL). She also runs weekly classes online classes and offers 1:1 tuition and small group session in her little studio, the [Yoga Room](#) (S11 9RP).

- **Level 1** classes are open to all. **Level 2** classes are suitable for those with at least one year's experience with Iyengar yoga. They may include shoulder stand and preparation for other inversions. **Level 3** classes are for those with at least two years' experience with Iyengar yoga as they can include head stand and other inversions.
- **Active** classes (Levels 2 and 3 only) are slightly faster-paced classes with some sequence of poses linking into each other, some jumping (optional) and active poses to follow along safely. As such they are not suitable for beginners and people with medical conditions (pregnancy/back issues/other health issues which need special attention).

### Face-to-face classes

The face-to-face classes take place in the Community room of the Ecclesall Library, located on 120 Ecclesall Road South, Sheffield S11 9PL. Additional details, timetable, cost, directions, and parking instructions can be found on the [Ecclesall Library](#) website.

You will need to bring your own equipment for the classes.

### Online classes

Pascale Vacher also teaches online (live-streamed) classes and workshops on the Zoom platform. These are much like 'real' classes or workshops that you can attend from your home. You can see the teacher and the teacher can see all the students and provide instructions and corrections, individually or to the group. Additional details and guidance is available on the [Yoga Room](#) website.

By signing up for online classes you agree to this [disclaimer](#). Also, you promise not to record the classes and/or communicate the links to other people who have not booked for the classes.

If you are unable to attend a class you have booked for, you are welcome to **join another class** in the week or in the same block - providing it is at an appropriate level for you and has spaces. Please email Pascale to check. It may also be possible to **access the recording of a class** you have missed or would like to review. These can be made available for a short time. Just let us know if you are interested.

### How much do the classes cost? What is the timetable of classes?

[Timetables and prices](#) are available on the [Ecclesall Library](#) and [Yoga Room](#) websites.

They may be updated, and classes may be added. Any changes will be communicated via email to those who have booked for the classes.

The **fees** depend on class's duration, level and whether they are online or in-person classes. They are typically paid in advance for a 5-week long block. Concession rate and drop-in rate are available.

### How do I book for classes?

For further information or to book a place please contact the teacher.

To book a **class, or block of classes**, please [contact me](#) to check availability. The **payment details** will be sent to you when you book.

Once your request and payment has been received you will receive a confirmation of your booking.

At the start of each week, login details for the online classes will be emailed to those who have booked.

### What is the privacy policy?

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

If you have any question, please contact me ([pascaleyog@gmail.com](mailto:pascaleyog@gmail.com) or 07941646418).

Looking forward to 'seeing' you soon.

Pascale