

iyengar

yoga

centre hamilton



We re-open with our regular timetable as soon as we return to Level 2.

The September Beginners Course has been cancelled. We have added a new

Beginners Course to this year's timetable to start on

Wednesday 20 October at 7pm.

You can book through our website shop.

**Last class for 2021 is
Mid-day Friday 18 December.**

**First class for 2022 is
Mid-day Monday 10 January**