
STEPHANIE QUIRK

Stephanie Quirk is a world leader in the field of Yoga Therapeutics, having spent 20 years studying and working directly with the Iyengar family at the Ramanani Iyengar Memorial Yoga Institute in Pune, India. The Marrickville Yoga Centre has a long term association with Stephanie and this has continued with her presence throughout 2017.

In 2018, a number of opportunities for Iyengar students and teachers to work with Stephanie in a variety of ways will continue to be offered.

“ *Yoga requires courage, faith, determination and an open, positive approach – a readiness to adapt, learn and absorb. Everything has to change.* ”
- Stephanie Quirk

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STEPHANIE QUIRK



MARRICKVILLE
YOGA
CENTRE

YOGA THERAPY CLASS

4-6PM THURSDAYS

“Therapeutics isn’t a separate specialty. There is not yoga here, and ‘therapeutics’ over there”

Yoga Therapy empowers and supports individuals to manage their health issues and develop their own yoga practice. Students are guided and taught in ways that enable them to understand and gradually inform their own practice.

One of the key goals of Yoga Therapy is to prepare and equip students with the knowledge, skills and confidence to participate in regular classes. Students work towards this with Yoga Therapy teachers through close consultation and the development and modification of sequences suited to individual needs.

Yoga Therapy enables students to learn about the benefits of yoga and how yoga can be approached differently for different purposes.

The Yoga Therapy Class runs every week. Bookings are essential.

February 8 // 15 // 22

March 22 // 29

April 5 // 12

July 5 // 26

Aug 2 // 9 // 16 // 23 // 30

September 6

Dec 6 // 13

MENTORSHIP PROGRAM

“In studying therapeutics, teachers return once again to learn. They learn with one another and share information, notes, and experiences.”

In 2018 Certified Iyengar Yoga Teachers will have the opportunity to take part in a unique Mentorship Program with Stephanie Quirk.

This Program gives certified teachers the opportunity to work closely with Stephanie over six sessions throughout the year.

The Program is open

to a small number of experienced Teachers who are looking to deepen their understanding in the area of yoga therapeutics.

Working closely with Stephanie and a student with specific illness or injury participants will learn how to: *Begin the Yoga Therapeutic process with a new student // Tailor specific Yoga Therapy programs for individual needs // Assess the effectiveness of a given sequence and implement modifications // Progress the student towards a more independent approach to yoga over time // Treat a wide range of conditions and ailments within a Yoga Therapy setting.*

ASANA CLASS 1-3PM FRIDAYS

Stephanie will be teaching a Friday afternoon Asana Class. She will bring the experience of having been in classes taught by the Iyengar family for twenty years to teaching these Asana Classes. They offer experienced students and teachers the chance to practice together, learning on the mat with Stephanie.

The classes will be on the following dates and bookings will be essential:

February 23//

April 6//

July 6//

August 17//

September 7//

“One has to be a student forever.”
- Stephanie Quirk

SUNDAY WORKSHOPS 12-3PM SUNDAYS

Sunday workshops are opportunities for a group of certified teachers from the wider Iyengar community to come together and learn from Stephanie. Workshops focus on themes, such as the use of wooden props in teaching Iyengar Yoga. The workshops are on the following dates and bookings will be essential:

February 25//

July 8//

August 19//

September 9//

