

Iyengar Yoga Women's Workshop

with

Judi Sweeting
Saturday 11 February 2012, 10am – 4pm

St George's Centre, Newbury
For teachers and female students
Cost ORIYI members £25 full day, £15 half day
Non ORIYI members £35 full day, £20 half day

From 2012 ORIYI membership costs £12 per annum. Membership gives you affiliated membership to the national Iyengar Yoga Association with two magazines per annum, the ORIYI e-newsletter each term as well as access to our yoga days at a reduced rate.

Venue: St George's Centre, 206 Andover Road, Wash Common, NEWBURY, RG14 6NU
Please bring: Yoga equipment
Parking: Available

Please send attached information sheet with your booking form to allow Judi time to prepare for the day.

For further information about this or future events ORIYI events, please email Gaby Case
gabycase1@gmail.com

Please complete and return the reply and information slips, with your cheque (payable to ORIYI) to ORIYI, 151 Craven Road, Newbury, West Berkshire, RG14 5NN.

Full day or half day (please circle)

Judi Sweeting Women's Workshop

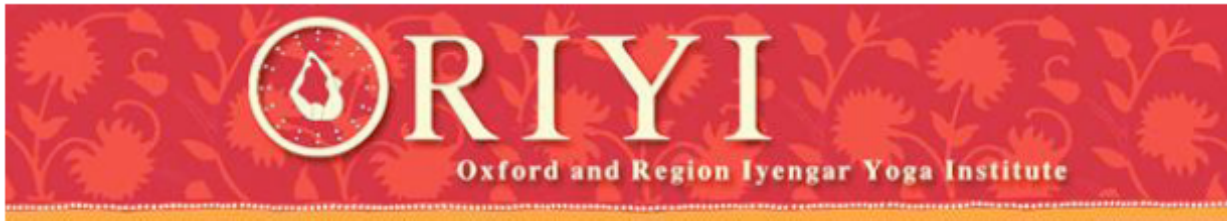
Name _____

Address _____

Email _____

Telephone number _____

Cheque enclosed for _____



Hello, you are booking into the Women's Workshop on 11th February 2012.

Menstruation and menopause are huge subjects and to get the best out of the session, I would be grateful if you could just answer a few questions to help me plan the work to help you.

1. Are you more concerned with menstruation or menopause? (please circle)
2. If menstruation, please indicate your age.
3. Are your periods heavy, irregular, scanty?

4. Please indicate any other concern here.

5. If menopause, please indicate your age.
6. Are you pre-menopausal, in the menopause or post menopausal?
7. Do you suffer from "hot flushes", anxiety attacks, and mood swings, do you experience any other symptoms?

8. Are you receiving hormone replacement therapy or any other medication for high blood pressure, or some other condition?

9. Are you simply attending out of curiosity?

Thank you for taking the time to give me this information. I will then tailor the workshop to your needs.

See you in February.

Judi

Student name: _____