



Oxford and Region Iyengar Yoga Institute

IYENGAR YOGA DAY

SATURDAY 18TH AUGUST 2018

10:30 am – 4:00pm

At Yatesbury House Farm, Yatesbury, Calne, SN11 8YF

WITH EDGAR STRINGER & LYDIA HOLMES

Lydia and Edgar began teaching Iyengar Yoga in 1997. Their experience and enthusiasm for Yoga are reflected in their classes, which are lively and focused. Both are Senior Level 3 teachers and regularly visit the Iyengar's Institute in Pune. These enjoyable workshops are suitable for all abilities and are very popular so book early!



Come and enjoy a Yoga day in Charlotte Gantlett's fully equipped Yoga Studio on her biodynamic farm on the Wiltshire Downs, near Avebury.

ORIYI MEMBERS:

£25

NON MEMBERS:

£35

Bring a light packed lunch. Teas and coffee provided.

ORIYI membership: £15 per annum

Membership gives you affiliated membership to the Iyengar Yoga Association (UK) with two magazines per annum, the ORIYI e-newsletter each term and access to our yoga days at a reduced rate. If you are a member of another local institute such as AIYI you can join ORIYI for £5.

Payment by Bank Transfer

NatWest Account Name: ORIYI (Oxford & Region Iyengar Yoga Institute)

Account Number: 13688928. Sort Code: 60-15-07. (Ref: Your Surname)

then email the ORIYI Events Secretary Evelyn Crosskey; longwittenhamyogacentre@gmail.com telling her you have done the bank transfer copying the Treasurer; Jennie Wood j@ennie.co.uk in.