



Oxford and Region Iyengar Yoga Institute

## IYENGAR YOGA DAY

SATURDAY 18<sup>TH</sup> NOVEMBER 2017

10: 00 am – 3:00pm

at St Nicolas School, Link Road, Newbury RG14 7LU

**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 very popular so book early!



### Cost

**ORIYI Members:**

**Morning (10am-12:30pm) £20**

**Full Day (10am-3pm) £25**

**Non-Members :**

**Morning (10am-12:30pm) £30**

**Full Day (10am-3pm) £35**

### Please Bring

- Yoga equipment
- Lunch/snack

**Parking is available at the venue**

**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.

### **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](mailto:longwittenhamyogacentre@gmail.com) telling her you have done the bank transfer copying the Treasurer; Jennie Wood [j@ennie.co.uk](mailto:j@ennie.co.uk) in.