

# SWLSIYI

## SW LONDON & SURREY IYENGAR YOGA INSTITUTE

### General Workshop with Jayne Orton

**Saturday 5<sup>th</sup> August 2017, from 12 to 4.30pm (including a short break)**



Jayne is the Director of the Iyengar Yoga Institute of Birmingham. She started practising Iyengar yoga in 1975 and has visited the Ramamani Iyengar Memorial Yoga Institute in Pune over 20 times to study directly with BKS Iyengar, his son, Prashant, and his daughter, Geeta. She was awarded her Intermediate Senior Level 3 certificate in 2000 and in 2011 an Advanced Junior Level 1 Certificate by BKS Iyengar himself. Jayne is the Midlands' most experienced and longstanding Iyengar teacher. She taught a hugely popular day as part of SWLSIYI's inaugural celebrations in May 2010 and another marvellous event for us in August 2015. We are delighted to welcome her back. Not to be missed!

**This workshop is suitable for those with at least one year of recent and regular Iyengar yoga practice.**

**£45 SWLSIYI MEMBERS** Priority booking now open

**£50 NON-MEMBERS** Bookings open 5<sup>th</sup> June 2017

Email [swlsiyi@gmail.com](mailto:swlsiyi@gmail.com) to reserve your place

**Advance payment required to confirm your place; PLEASE email us when you've paid:**

By Bank transfer: Payee: SWLSIYI / Customer Reference: YOUR NAME Account number: 65389520 / Sort code: 08-92-99

Or send your cheque to: SWLSIYI c/o 112 Chestnut Grove, London SW12 8JJ

**Your place will be held for seven days from the date of booking, at which point it will be released if we have not received your payment.**

The workshop will be held at **Balham Library Hall, Ramsden Road, SW12 8QY** This is a five minute walk from Balham tube and train stations, and several buses pass nearby on the Balham High Road. There is free parking available on most of the roads nearby on Saturdays. If you are walking from the stations, turn left from the High Road onto Ramsden Road, you'll see the library itself to the left of Waitrose. The entrance to the hall is a little further down Ramsden Road, across the road from the Baptist church.

**PLEASE BRING YOUR OWN EQUIPMENT:**

A mat, four/five blocks, two bricks, two belts, and a blanket