

SWLSIYI

SW LONDON & SURREY IYENGAR YOGA INSTITUTE

Intermediate Workshop with Lydia Holmes and Edgar Stringer
Sunday 18 November 10.30am to 4pm
Main Hall Surbiton Girl's Prep School KT1 2HW

Please bring your own equipment:

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



Lydia Holmes and Edgar Stringer are both senior teachers and assessors for IYUK. They discovered Iyengar Yoga in 1991 at Manchester University and trained as teachers with Jeanne Maslen at MDIY. They now teach Yoga in Wiltshire arts and music centres under the name *Yogatree*. Over the past 26 years they have travelled to India to study Yoga on many occasions and regularly visit Pune to attend classes with the Iyengar family.

"I loved the workshop. Felt they took real care with the injuries I have. I felt also stretched and challenged. They work very well as a team and bring different styles to the session. I would definitely recommend them to other people." Sue from Manchester

This workshop is suitable for those with at least four years recent and regular Iyengar yoga practice.

£50 SWLSIYI MEMBERS Priority booking open 1st July
£60 NON-MEMBERS Bookings open 1st August

Please email swlsiyl@gmail.com to reserve your place before you pay

PAYMENT

Advance payment required to confirm your place:

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

By cheque to: SWLSIYI c/o
18 Raeburn Avenue, Surbiton, KT5 9DP

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.

GETTING THERE

Address: Surbiton Girl's Prep, 95-97 Surbiton Road, KT1 2HW

Facilities: The main hall is at ground level. Please bring your own lunch and drink. Kitchen facilities are not included.

By car: Parking spaces for 10 cars. Free parking on near by streets.

By train: A short walk from Surbiton station with several trains an hour from Waterloo.