



**SW LONDON & SURREY IYENGAR YOGA INSTITUTE**

**Intermediate Workshop with Penny Chaplin**  
**Saturday 24<sup>th</sup> September, from 12 to 3pm**



Penny is one of seven of the Most Senior Leading Teachers of the UK, a special designation awarded to them by B K S Iyengar himself in 2009. Penny started teaching herself yoga from a book, and first met B K S Iyengar in 1971 when he was teaching in London. She was his direct student for many years and continues to visit Pune annually. Penny has been teaching since 1974; she teaches the Teachers' Class, General and Beginners classes and runs the Senior Intermediate workshops at the IYI Maida Vale and is much in demand elsewhere. We're very lucky that she's found time for us in her busy schedule!

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

**£35 SWLSIYI MEMBERS** Priority booking now open

**£40 NON-MEMBERS** Bookings open 24<sup>th</sup> July 2016

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

**Advance payment required to confirm your place:**

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