

SWLSIYI

SW LONDON & SURREY IYENGAR YOGA INSTITUTE

SWLSIYI invites 2016/17 members* to a **FREE** workshop with Sophie Carrington

General Workshop with Sophie Carrington and SWLSIYI AGM

Sunday 10th April from 1pm to 5pm



Sophie came to yoga in her 40s at a low ebb, but although she felt she couldn't do anything, something kept her coming back. The practice of yoga has helped her enormously and she likes to help others experience similar therapeutic benefits. Sophie is a Senior (Level 3) Iyengar yoga teacher. She has taught for 15 years and practised for more than 20. A teacher trainer and assessor for the Iyengar Yoga Association, and a registered yoga therapist, she continues her own training under the guidance of leading teacher Penny Chaplin.

IY Yoga Studio, Trident Business Centre, 89 Bickersteth Road, Tooting SW17 9SH

Delicious homemade refreshments will be served after the yoga workshop – contributions welcome!

This is a lovely opportunity to get together with other students and enthusiasts, and to discuss how we can work together to provide more of the events you'd like.

A small part of the afternoon will be devoted to the SWLSIYI Annual General Meeting, a formal requirement of our constitution as an organization. In order to take up the offer of the free workshop place we expect participants to attend the AGM.

*The new membership year for 2016-2017 starts 1st April, so participants must join SWLSIYI or renew membership before enrolling for this event. The easiest way is online via the IY (UK) website: (insert renewal link). If you prefer to pay by cheque or bank transfer, you can do so via the SWLSIYI website, though this will take longer for us to process: (insert link).

Membership for the year is £12 for non-teachers and £18 for teachers and entitles you to early booking opportunities and discounts on **SWLSIYI** events.

Once you have received your membership (or renewal) confirmation, please forward this to SWLSIYI (swlsiyi@gmail.com) to book your place for the workshop.

Early booking is absolutely essential, spaces are very limited.