



SWLSIYI

SW LONDON & SURREY IYENGAR YOGA INSTITUTE

- **Price:** £42 for Institute members. £48 for non-members. £80 (both days) for Institute members and £86 for non-members.

- **Cheques** made payable to **SWLSIYI** sent to Suzanne Gribble, Events Secretary, 36 York Road, Ealing, London W5 4SG

- **By BACS:**
Account name: SWLSIYI, account No: 65389520, sort code: 08-92-99, with your name in the customer field.
Please also email swlsiyyi@gmail.com to confirm your booking.

SWLSIYI Iyengar Yoga Workshop

UDAY BHOSALE

Saturday 21st & Sunday 22nd July 2012
10.30am to 4.00pm
(light refreshments will be provided)

Uday has been a disciple of yoga at the Ramamani Iyengar Memorial Yoga Institute (RIMYI) in Pune for the past 12 years and has been teaching there since 2001. At RIMYI he teaches the children's classes as well as beginners and medical classes. He also has a wealth of experience teaching elsewhere - children, industrialists, doctors, sportspersons, corporate workshops and has taught an intensive at the Iyengar Yoga Centre of Singapore.

Uday has participated in many lecture-demonstrations in schools, colleges and at RIMYI and is an asana demonstrator in Asta Dala Yoga Mala Vols 5 & 6, Yoga for Cricketers and Yoga Path to Holistic Health.

Venue:
*The Bhavan, 4a Castletown Road,
London, W14 9HE*
Nearest tube station:
West Kensington
Venue details:
www.bhavan.net



Requirements:
One years recent and regular Iyengar yoga practice recommended.
Please bring your own yoga equipment
(mat, brick, belt, blanket and blocks)

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