



# SWLSIYI

## SW LONDON & SURREY IYENGAR YOGA INSTITUTE

- **Price:** £25 for Institute members. £30 for non-members. Priority booking for all SWLSIYI members up to 9th March 2011.

- **Cheques** made payable to **SWLSIYI** sent to Kate Hebblethwaite, Events Secretary, 31 Crowborough Road, London SW17 9QB.

- **By BACS:** Account No: 65389520, sort code: 08-92-99, with your name in the customer field. Please also email [swlsiyl@gmail.com](mailto:swlsiyl@gmail.com) to your confirm booking.



### Iyengar Yoga Workshop with **BRENDA BOOTH** on Saturday 9th April 2011

**Seely Hall, Chillerton Road, Tooting,  
London SW17 9BE 10.30am—1.30pm**

**from 2.00pm -4.00pm SWLSIYI's  
first AGM—all welcome. Refreshments will be provided.**

Brenda Booth is a Senior Level Iyengar Yoga teacher based in Kent. She has been teaching for 30 years and has been to Pune in India many times since her first visit in 1982. She is very dedicated to Mr Iyengar and his teachings; her classes are always carefully constructed and of the highest standard but there is also room for light heartedness.

As a teacher Brenda has humour coupled with the ability to demand and draw out her students' potential. She has amazing depth of knowledge of the postures, remedial work, sequencing and the philosophy of yoga, making her classes fun and challenging.

#### **Transport and Parking:**

**Nearest tube/train station:** Tooting Broadway, Tooting Bec and Tooting Station. Parking is available locally.

**Venue:** The hall is situated in Chillerton Road, next door to Eveline Day Nursery and near the junction with Welham Road.

#### **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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