

# SWLSIYI

SW LONDON & SURREY IYENGAR YOGA INSTITUTE

— GENERAL LEVEL —

## YOGA WORKSHOP

WITH

# UDAY BHOSALE

**3<sup>RD</sup> & 4<sup>TH</sup> MAR 2018 10:30AM-4:00PM • THE BHAVAN, LONDON**

Refreshment break included - please bring your own snack and drink;  
vegetarian Indian snacks are available to purchase on the ground floor.

We are delighted to welcome Uday back to the Bhavan where he taught a popular two day workshop in 2016. Uday continues to teach with the Iyengar family at the Ramamani Iyengar Memorial Yoga Institute in Pune, where he began teaching in 2001. He has been teaching in the UK since his first extended visit in 2012. Book early to ensure you don't miss this popular weekend workshop!



**£48 1 DAY / £80 2 DAYS SWLSIYI MEMBERS**

Priority booking opens 2nd January 2018.

**£53 1 DAY / £90 2 DAYS NON-MEMBERS**

Available to book 16 January 2018.

**EMAIL [SWLSIYI@GMAIL.COM](mailto:SWLSIYI@GMAIL.COM) TO RESERVE YOUR PLACE**

**Venue: The Bhavan, London**

4a Castletown Road, London, W14 9HE

Nearest tube station: West Kensington

Venue details: [www.bhavan.net](http://www.bhavan.net)

**Email to check availability before payment to confirm your place:**

By Bank transfer – Payee: SWLSIYI / Customer Reference: YOUR NAME

Account number: 65389520 / Sort code: 08-92-99

If you prefer payment by cheque please email [swlsiyi@gmail.com](mailto:swlsiyi@gmail.com) for details.

**We ask that those who are driving please bring their own equipment, so that those travelling by public transport, by bicycle or on foot may use the props available at the Bhavan.**

**Please bring your yoga mat, four/five blocks, two bricks, two belts and two blankets.**

**This workshop is suitable for those with at least 1 year of recent and regular Iyengar yoga practice.**