



SWLSIYI
SW LONDON & SURREY IYENGAR YOGA INSTITUTE

Price:

£25 for SWLSIYI members. £28 for non-members.

• **BACS:**

Account name:

SWLSIYI,

Account No:

65389520

Sort code:

08-92-99

Your name/
Bhavan in the
customer field.

Please also

email

swlsiyi@gmail.com to confirm with contact details.

• **Cheque:**

made payable to **SWLSIYI** sent to Suzane Gribble (ref workshop) and with contact email/phone, c/o The Bhavan, 4a Castletown Road, London, W14 9HE

Iyengar Yoga Workshop
Suzanne Gribble & John Shirbon
Sunday 11th January 2015

10.30am to 1.30pm (*light refreshments will be provided*)

Experience an Iyengar yoga workshop in the spacious, bright gallery at the Bharatiya Vidya Bhavan, a thriving Indian cultural centre in West Kensington.

Suzanne and John, the current and former resident teachers at the Bhavan, will tailor the general workshop to beginners and those new to workshops, also welcoming students with experience. It will take place in the spacious, bright gallery, which is fully equipped.

Venue:

The Bhavan, 4a Castletown Road,
London, W14 9HE (www.bhavan.net)

Nearest tube station:

West Kensington / Barons Court



Requirements:

Six months' recent and regular Iyengar yoga practice recommended.

Please bring your own yoga mat



SWLSIYI, c/o 27A St John's Avenue, Putney, London SW15 6AL
Phone: 0208 335 3498 Email: swlsiyi@gmail.com
Website: www.swlsiyi.org.uk