



SWLSIY invites 2019/20 members to our AGM and a FREE workshop

with Cath Barnes-Holt

Sunday 12 May 1-5pm

Venue: Wimbledon Park Hall, 170 Arthur Road, SW19 8AQ



Cath has been practising yoga for over 30 years and gained the Intermediate Junior Level 3 teaching certificate in 2012. Her passion and dedication to the practice motivates her to study regularly with senior teachers in the UK and overseas. She has travelled to Pune three times in the last four years to be taught by Geeta Iyengar. Cath's teaching style is one of patience and encouragement.

Please join us Sunday afternoon, 12 May, to learn more about the work of SWLSIY and meet the committee at our AGM; share your yoga practice with other practitioners in a general workshop (suitable for those with at least one year regular Iyengar Yoga practice) led by local teacher Cath Barnes-Holt; enjoy a delicious afternoon tea.

PLEASE BRING YOUR OWN EQUIPMENT: a mat, 4/5 blocks, 2 bricks, 2 belts, 1 blanket.

To reserve your place or with any queries, please contact: swlsiyengaryoga@gmail.com

Visit our website to explore what we do and benefits for members <http://swlsiy.org.uk>