

# SWLSIYI

SW LONDON & SURREY IYENGAR YOGA INSTITUTE

## YOGA WORKSHOP

WITH

# ANNIE ROSSI

**4<sup>TH</sup> FEBRUARY 2017 10:30AM-4:00PM • THE BHAVAN, LONDON**

Annie holds a Junior Intermediate Level 3 certificate. She says 'the more Iyengar Yoga you do the better you feel and the more fascinating it becomes'. She is particularly interested in how yoga improves energy flow through the body, which enhances wellbeing.

Annie is committed to the ongoing study of Iyengar yoga to improve her knowledge and practice.

**£42 SWLSIYI MEMBERS** Priority booking now open.

**£48 NON-MEMBERS** Available to book 15th Dec 2016.



**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)

**Advance payment required to confirm your place:**  
By Bank transfer – Payee: SWLSIYI / Customer Reference: YOUR NAME  
Account number: 65389520 / Sort code: 08-92-99  
Or send your cheque to: SWLSIYI c/o 67 Sinclair Road, London W14 0NR

**The Bhavan has a limited supply of equipment so please bring your own if practical.  
All participants should bring a yoga mat and light refreshments for a short break.**

**A General level workshop suitable for those with at least 1 year of Iyengar yoga practice.**