



**SWLSIY invites 2020/21 members to our AGM and a FREE workshop  
with Indira Lopez-Bassols**

**Sunday 10 May 1-5pm**

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



Indira started practising yoga in 1996 and teaching in 2001 in Mexico, her home country, where she helped establish the first Iyengar Yoga teaching assessment. She has extensive experience in teaching Iyengar Yoga to all levels of students, from beginners through to experienced, as well as pregnancy yoga and yoga for older students. She conducts monthly workshops in her home studio and teaches popular yoga holidays around the world. Indira is passionately involved with the practice of yoga and its application to daily life. Through her teaching, she unravels the philosophy of yoga and demonstrates how it links beautifully to our daily practice.

**Please join us Sunday, 10th 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 2 hour workshop (suitable for those with at least one year regular Iyengar Yoga practice) led by local teacher Indira Lopez-Bassols; 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](mailto:swlsiyengaryoga@gmail.com)**

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