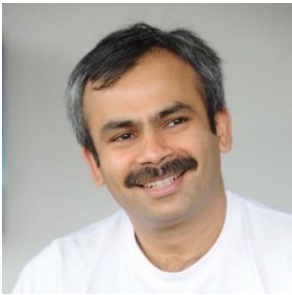




General Workshop with Uday Bhosale



Sunday 16 June 2019

10.30 - 4 pm

The Bhavan London W14 9HE

We are delighted to welcome Uday back to the Bhavan where he has taught popular workshops since 2016. Uday teaches throughout the UK and abroad, continuing to work closely with the Iyengar family at the Ramamani Iyengar Memorial Yoga Institute in Pune, where he began teaching in 2001. He has taught in the UK since 2012.

The workshop is suitable for those with at least one year recent and regular Iyengar Yoga practice.

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

Booking

£48 SWLSIY members - priority booking opens **10 April 2019**

£53 non-members - booking opens **23 April 2019**

Please check availability before paying by sending an email to swlsiyengaryoga@gmail.com

Once your place has been confirmed payment can be made by bank transfer. Payee: SWLSIY/Customer Reference: YOUR NAME; Account no: 65389520 / Sort: 08-92-99. For payment by cheque please email swlsiyengaryoga@gmail.com

Equipment

Participants will need to bring a yoga mat and four/five blocks, two bricks, two belts and two blankets. Please can those driving bring all their own equipment so those travelling on public transport, by bike or on foot may use the props available at the Bhavan. Thank you for your cooperation.

Venue

The Bhavan, London 4a Castletown Road, London, W14 9HE. Nearest tube station: West Kensington
www/bhavan.net