

SWLSIY

SOUTH WEST LONDON AND SURREY IYENGAR YOGA

Intermediate workshop with Gerry Chambers

Sunday 6 December 2020 9am – 2pm via Zoom!



Gerry has been a certified Iyengar yoga teacher since 1980. Gerry is from Scotland and became interested in yoga in his early 20's when he lived in Canada. Following a period at a Catholic seminary where he was training to be a priest, he went on to study at Edinburgh University. At York University in Toronto he completed a postgraduate degree with a thesis on Zen. He has completed further postgrad studies in Indian Religions at Trinity St Davids University, Wales. Gerry moved to Bristol from London in 1999 to set up Yogawest, an Iyengar yoga centre, with his partner Lynda. He now lives in the beautiful county of Devon and has been travelling to India regularly to learn from the Iyengar family.

9 – 11am

Asana class, followed by half hour break.

11.30 – 12.30pm

Pranayama class, followed by 10 minute comfort break.

12.40 – 1.55pm

Samyama in asana. (Asana class with explanation from texts and the possibility for questions.)

We are responding to exceptional times by offering this exceptional online workshop suitable for those with at least four years regular Iyengar Yoga experience including Intermediate poses.

Bookings open: 1 September for SWLSIY members and October for non-members. A maximum of 30 participants.

Fee: £25.00 For those who are experiencing financial difficulty due to the COVID situation we can offer a reduced fee. Please contact us to enquire.

Participants should have the following equipment available on the day: a mat, 4/5 blocks, 2 bricks, a belt, a blanket, and a chair and bolster if possible.

Email swlsiyengaryoga@gmail.com to book.

Please email to check availability before making payment.

Account Name: SWLSIY; Account number: 65389520; Sort code: 08-92-99; Customer Reference: YOUR NAME

Your place will be held for seven days from the date of booking, at which point it will be released if we have not received your payment.