

SWLSIYI

SW LONDON & SURREY IYENGAR YOGA INSTITUTE

Intermediate Workshop with Lynda Purvis
Sunday 15 October 2017 10.30am to 4pm
St George's Hall, Esher

Please bring your own equipment:

A mat, four/five blocks, two bricks, two belts, and a blanket



Lynda Purvis is a Senior Iyengar yoga teacher and assessor with IY (UK). Lynda is from New Zealand where she began yoga in the 1980's. She arrived in the UK after a few years travelling in Asia and started attending yoga classes in London where she qualified as a Iyengar yoga teacher in 1990. From 1999 until 2011 Lynda was the co-owner and director of Yogawest in Bristol. She has been to India on many occasions to attend intensive courses and general classes with the Iyengar family. Lynda now lives and teaches in Devon with her partner Gerry.

This workshop is suitable for those with at least four years recent and regular Iyengar yoga practice.

£48 SWLSIYI MEMBERS Priority booking open now
£53 NON-MEMBERS Bookings open 30 June

Please email swlsiyl@gmail.com to reserve your place before you pay

PAYMENT

Advance payment required to confirm your place:

By Bank transfer: Payee: SWLSIYI / Customer
Reference: YOUR NAME Account number: 65389520 /
Sort code: 08-92-99

By cheque to: SWLSIYI c/o
18 Raeburn Avenue, Surbiton, KT5 9DP

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.

GETTING THERE

Address: St George's Hall, Community Walk Esher, KT10 9RA

The facilities provide us with a large hall and a kitchen to prepare hot drinks. Please bring your own lunch.

By car: A3 to A309 to A307. Free car parking on Sunday behind venue.

By train: short walk Esher train station. Twice hourly from Waterloo.