



SWLSIY are pleased to announce the details of our annual IY (UK) 2020 PD day.

This will be held on Sunday 26<sup>th</sup> July 2020 from 11am-5pm, cost £26.

PD days are for fully qualified, paid up members of IY (UK). They are not suitable for trainee teachers.

The theme for 2020 is “**Low Level Anxiety and Depression in a Normal Class Situation**”. The moderator will be Senior teacher Susan Long.

There will be a short break for lunch – please take your own food and drinks.

To book a place, first check to make sure there is one available by emailing Cath: [cath@cathbarnesholt.co.uk](mailto:cath@cathbarnesholt.co.uk) or tel: 07909 995408. Then please make a payment of £26. Your place will be held for 7 days from the date of booking until we have received your payment. After 7 days your place will be released if we have not received your payment – N.B. a reminder will not be sent. Please book early as these days are always oversubscribed.

#### **VENUE**

Iyengar Yoga Studio (Tooting). Trident Business Centre, Unit B006, 89 Bickersteth Road, London, SW17 9SH ([www.iyyoga.com](http://www.iyyoga.com))

#### **BOOKING and PAYMENT**

Payment by BACS is preferred: Account no: 65389520, sort code: 08-92-99 (**N.B. please include your name as a reference**).

Cheques: payable to SWLSIYI. Post to Cath Barnes-Holt, 136 Clitherow Avenue, London, W7 2BX. Please write your name on the back of your cheque.

Formal receipts will be emailed out to attendees just after the event. Confirmation of receipt of payment by BACS transfers will be done at regular intervals not immediately, as Cath does not have instant access to SWLSIY bank records.

Please send your membership number to Cath so she can submit it to the IY (UK). It is a 5 digit number found top centre of the members dashboard page when you login to the IY website.

We look forward to welcoming you on the day!