

SWLSIYI

SW LONDON & SURREY IYENGAR YOGA INSTITUTE

SWLSIYI would like to invite 2018/19 members to a **FREE** workshop

General Workshop with Peter Kosasih and SWLSIYI AGM Sunday 22nd April 1-5pm

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



Peter started yoga over 20 years ago and has now attained Senior Intermediate level I.

He continues to study asana and pranayama with a number of senior teachers in the UK and abroad, including RIMYI in Pune. His learning extends into Yoga Philosophy and Chakra work with Dr Gitte Bechsgaard. His style of teaching is informative, systematic and progressive, yet at the same time patient, warm and reassuring.

Priority booking for SWLSIYI members until 1st April

Members of IY (UK) and other Member Institutes are welcome to attend for £10 (or join SWLSIYI as a secondary institute for £8: <http://www.swlsiyi.org.uk/iyengar-yoga/join-here.html>)
Non-affiliated yogis are also welcome, at the full rate of £25.

Participants in the workshop are expected to attend the AGM.

PLEASE BRING YOUR OWN EQUIPMENT: a mat, 4/5 blocks, 2 bricks, 2 belts, 1 blanket.

Homemade refreshments will be served after the workshop, contributions welcome!
We will also be having a special celebration for the 100th Anniversary Year of BKS Iyengar's birth

Join SWLSIYI online via the IY (UK) website: <https://iyengaryoga.org.uk/membership-joining/>

Annual membership for non-teachers is £13. This entitles you to early booking and discounts on SWLSIYI events, also membership of the IY (UK)