



**SWLSIY invites 2022/3 members to our AGM, FREE class
with Suzanne Gribble, and afternoon tea.**

Sunday 15 May 1-5pm

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



Suzanne is delighted to be teaching at this year's SWLSIY AGM which she says is a great honour, having been a member since SWLSIY's inception and active on the committee for many years. Suzanne discovered Iyengar yoga in the early nineties and qualified to teach in 2009; currently a Level 3 teacher. She teaches a range of classes in West London for adults, teenagers and younger children and feels passionate about the tremendous benefits of Iyengar yoga, physically and mentally, and that there is always so much more to learn.

Following two years of holding AGM's via Zoom we are delighted to be in-person again! Please join us Sunday 15th May to learn more about the work of SWLSIY and meet the committee at our AGM; share your yoga practice with other practitioners in a general 90 minute class (suitable for those with at least one year regular Iyengar Yoga practice) led by local teacher Suzanne Gribble; enjoy a delicious afternoon tea.

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

To reserve your place or with any queries, please contact: swlsiyengaryoga@gmail.com

Visit our website to explore what we do and benefits for members <http://swlsiy.org.uk>