



General Workshop with Uday Bhosale



Saturday 12 March 2022

10:30 – 16:00

The Bhavan London W14 9HE

We are delighted to welcome Uday back to the Bhavan where he has taught popular workshops since 2016. Uday trained directly with the Iyengar family at RIMYI where he taught for many years as well as across the globe and throughout the UK since his relocation here in 2012. Following the outbreak of the pandemic and restrictions in spring 2020, Uday immediately set up popular daily online classes continuing to this day. This will be a special opportunity to be taught by Uday in person once again.

The workshop is suitable for those with at least one year recent and regular Iyengar Yoga practice.

A refreshment break will be included - please bring your own snack and drink.

Booking

£48 SWLSIY members - priority booking opens **17 January 2022**

£58 non-members - booking opens **31 January 2022**

Please check availability before paying by sending an email to swlsiyengaryoga@gmail.com

Once your place has been confirmed payment can be made by bank transfer. Payee: SWLSIY/Customer Reference: YOUR NAME; Account no: 65389520 / Sort: 08-92-99.

Your place will be held for 7 days from the date of booking until we have received payment. If we have not received it after 7 days, your place will be released. Note, a reminder will **not** be sent.

Equipment

Participants will need to bring a yoga mat and four/five blocks, two bricks, two belts and two blankets. There is some equipment available though priority will be to those travelling on public transport, by bike or on foot. Thank you for your cooperation.

Venue

The Bhavan, London 4a Castletown Road, London, W14 9HE. Nearest tube station: West Kensington
www/bhavan.net