



Oxford and Region Iyengar Yoga Institute

## IYENGAR YOGA DAY

SATURDAY 18<sup>TH</sup> AUGUST 2018

10:30 am – 4:00pm

At Yatesbury House Farm, Yatesbury, Calne, SN11 8YF

**WITH EDGAR STRINGER & LYDIA HOLMES**

Lydia and Edgar began teaching Iyengar Yoga in 1997. Their experience and enthusiasm for Yoga are reflected in their classes, which are lively and focused. Both are Senior Level 3 teachers and regularly visit the Iyengar's Institute in Pune. These enjoyable workshops are suitable for all abilities and are very popular so book early!



*Come and enjoy a Yoga day in Charlotte Gantlett's fully equipped Yoga Studio on her biodynamic farm on the Wiltshire Downs, near Avebury.*

**ORIYI MEMBERS:**

**£25**

**NON MEMBERS:**

**£35**

*Bring a light packed lunch. Teas and coffee provided.*

**ORIYI membership:** £15 per annum

Membership gives you affiliated membership to the Iyengar Yoga Association (UK) with two magazines per annum, the ORIYI e-newsletter each term and access to our yoga days at a reduced rate. If you are a member of another local institute such as AIYI you can join ORIYI for £5.

**Payment by Bank Transfer**

NatWest Account Name: ORIYI (Oxford & Region Iyengar Yoga Institute)

Account Number: 13688928. Sort Code: 60-15-07. (Ref: Your Surname)

then email the ORIYI Events Secretary Evelyn Crosskey; [longwittenhamyogacentre@gmail.com](mailto:longwittenhamyogacentre@gmail.com) telling her you have done the bank transfer copying the Treasurer; Jennie Wood [j@ennie.co.uk](mailto:j@ennie.co.uk) in.