



Institute of Iyengar Yoga in Sussex

# A Yoga Workshop with CATHY ROGERS-EVANS

Saturday the 27<sup>th</sup> March 2010

Morning session: 10.00am – 1.00pm

Afternoon session: 1.45pm – 4.00pm

Venue: St Johns Church Hall, Talbot Terrace, Lewes, BN7 2DS

Cathy Rogers-Evans has been an Iyengar® Yoga teacher for the last 32 years and studied with BKS Iyengar all over the world. Well known to her UK students, Cathy moved to San Diego in 2002 and now teaches classes in the US, Ireland and, more recently, Mexico, as well as the UK. We welcome her back to teach for us.

**1 Session only:            £12 IIYS members    £15 non-members**  
**Both Sessions:            £20 IIYS members    £24 non-members**

Suitable for practitioners with 2 year's experience. This is not an equipped yoga venue so please bring your yoga equipment.

St Johns Church is a 12 minutes walk from Lewes Rail Station. If you need directions please see details at the bottom of the Booking Form.

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**Booking Form (PLEASE MAKE ALL CHEQUES PAYABLE TO 'IIYS')**

I wish to attend the Yoga Day with Cathy Rogers-Evans on the 9<sup>th</sup> January 2010  
AM session: yes  PM session: yes  Both sessions: yes  (*tick one box only*)  
I enclose my cheque for £12 / £15 / £20 / £24 (*delete as appropriate*)

Name .....

Address (with Postcode):.....

.....

email: ..... I am a member of IIYS: yes  no

Tel no ..... date ..... signed.....

Please send completed forms with cheque **payable to "IIYS"** to:  
Brian Ingram, 51 Meadow Lane, Burgess Hill, RH15 9HZ  
Further enquiries to Brian on 01444 236714 or email [brianiyoga@tesco.net](mailto:brianiyoga@tesco.net)

\*If you are experiencing financial hardship please write to: Brian Ingram, 51 Meadow Lane, Burgess Hill, RH15 9HZ with details.

**PLEASE NOTE: Cheques will not be banked until just before/after the event.  Tick box if you require an email receipt, OR enclose a SAE if you require a printed receipt or map (please state which or both).**  
For info on other IIYS events visit: [www.iiys.org.uk](http://www.iiys.org.uk)