



Institute of Iyengar Yoga in Sussex

A Yoga Workshop with MARY HEATH

Saturday 20th November 2010
11.30am to 5.00pm
at Angmering Community Centre,
Foxwood Avenue, Angmering, West Sussex BN16 4FU

Mary, from Bournemouth, regularly visits the Ramamani Iyengar Memorial Yoga Institute in Pune, India and her most recent visit was December '08-January '09 for BKS Iyengar's 90th Birthday Celebrations, followed by six weeks of general classes. She is an enthusiastic and encouraging teacher and we welcome her back to teach for us.

£20 members, £24 non members

Suitable for practitioners with at least 1 year's experience. Please bring your yoga equipment.

Angmering is situated approx 4 miles from Worthing to its east and 3 miles from Littlehampton to its west. Angmering Community Centre is located in the heart of the Bramley Green Development on the east side of Angmering and is situated on the Open Space in Foxwood Avenue (at the west end of Nursery Road and north end of Rowan Way). The car park is in Foxwood Avenue. The No. 9 bus stops in Roundstone Lane (by Nursery Road) to the east of the Centre and in Station Road (by Mill Road) on the west of the Centre. Angmering Railway Station and the No. 700 bus stop in Old Worthing Road are both approximately 15 minutes walk from the Centre. Go to: www.angmeringcommunitycentre.org.uk for more information.

Booking Form

(MAKE CHEQUES PAYABLE TO 'IIYS')

I wish to attend the Yoga Day with Mary Heath on the 20th November 2010 and enclose my cheque for £20 / £24 (*delete as appropriate*)

Name

Address :

..... Postcode:

email: I am a member of IIYS: yes no

Tel no date signed.....

Please send completed forms with cheques payable to "IIYS" to:
Sallie Sullivan, 21 Sun Street, Lewes, BN7 2QB
Further enquiries to Sallie on 01273478271 or email sallie.sullivan@virgin.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