



Institute of Iyengar Yoga in Sussex

Professional Development Day
Focussing on
Forward Extensions
(Paschima Pratana Stihiti)

Sunday 13 September 2009 10.00am - 3.00pm
Ditchling Village HALL, East Sussex

A Professional Development Day open to certificated Iyengar® Yoga Teachers only.
The moderator will be Sasha Perryman.
(Please note: as with other PD Days you may be asked to teach a pose or two, and the finish time may vary depending on the program)

Cost: £18 (members and non-members of IIYS)

Ditchling Village Hall is in the centre of Ditchling Village on B2116 Lewes Road going towards Westmeston. Free parking behind the hall.

Nearest Rail Station Hassocks (2miles).

This is not an equipped yoga venue so please bring your yoga equipment.

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Booking Form (Please make all cheques payable to "IIYS")

I wish to attend the PD Day with Sasha Perryman on 13th September 2009 and enclose my cheque for £18.

Name

Address (with Postcode):

..... email:

Certificate Level: Year awarded:

IYA (UK) Membership Number:

Tel no Signed..... Date

Please send completed forms with cheques - **payable to "IIYS"** – to
Brian Ingram, 51 Meadow Lane, Burgess Hill, RH15 9HZ
further enquiries email: brianiyoga@tesco.net

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 map or receipt (state which). For info on other IIYS events visit: www.iiys.org.uk