

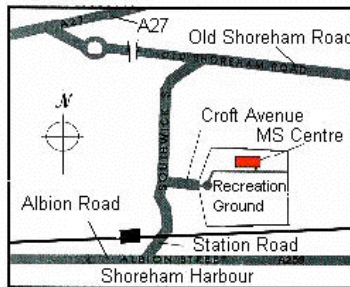


www.iiys.org.uk

Institute of Iyengar Yoga in Sussex

A Yoga Morning with ALISON PEGG

Sunday 25th January 2009 10.00am to 1.00pm
The Sussex Multiple Sclerosis Treatment Centre, Southwick Recreation Ground, Croft Avenue, Southwick, West Sussex, BN42 4AB



Ali has been practising yoga for 22 years and holds the Junior Intermediate Level 3 certificate. She was initially inspired by Kofi Busia and has often worked with Faeq and Corinne Biria, as well as many other senior Iyengar teachers. She has also had the good fortune to have worked directly with BKS Iyengar.

Ali feels that Iyengar Yoga is an integral part of her life, finding the benefits enormous. Her husband, Richard is also an Iyengar Yoga Teacher and their two young children are both enthusiasts.

£15 (non members) £12 (IIYS members only)

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Booking Form

(PLEASE MAKE ALL CHEQUES PAYABLE TO 'IIYS')

I wish to attend the Yoga Morning on 25th January 2009 and enclose my cheque for £15 / £12 (delete as appropriate)

Name

Address (with Postcode):

.....

email: I am a member of IIYS: yes no

Tel no date signed

Please send completed form with cheque - payable to "IIYS" to: Julia Owen, 109 Lyndhurst Road, Worthing BN11 2DE Further enquiries email: juliastarowen@yahoo.co.uk

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.
Visit www.mssussex.com for info on venue. For info on other IIYS events visit: www.iiys.org.uk