

Iyengar Yoga Sussex



2019 IYS AGM

&

Yoga Workshop

with

Alison Hahlo

Brighton Natural Health Centre

27 Regent Street Brighton, East Sussex BN1 1UL

Sunday 28th April 2019

12:00 noon – 1:00pm AGM Meeting

1:15pm - 4pm Asana Class

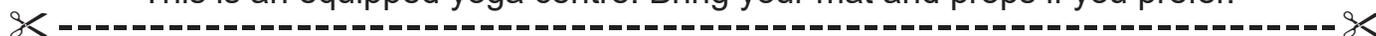
All members are invited to attend the short meeting.



Ali began studying Iyengar yoga in 1998 in London. However, it wasn't until her move to Lewes in 2001 and her attendance at Sallie Sullivan's classes that her dedication intensified and she undertook teacher training under Sallie's expert guidance together with Stephen Richardson at Maida Vale, qualifying in 2007. She went on to complete her 3 Junior Intermediate levels under Brenda Booth's tuition in Kent. She lives and teaches in Lewes, where she has a busy programme of popular General and Intermediate classes and has been on the Iyengar Yoga Sussex committee for 13 years. She is energetic and cheerful teacher whose own teachers have provided a sincere and close connection to Gururji's own teaching. She strongly feels that Iyengar yoga is a transformational and liberational practice with potential to bring health, vitality, and an enriched sense of purpose and affirmation to people of all ages and abilities.

£18 IYS members/ £23 guest participants. Early Booking is recommended.

This is an equipped yoga centre. Bring your mat and props if you prefer.



Booking Form

(PLEASE MAKE CHEQUES PAYABLE TO "IYS")

I wish to attend the AGM and the Yoga Workshop with Ali Halo on the 28th April, 2019, 12:00noon – 4.00pm and I enclose my cheque for: £18 as a IYS member/ £23 as a guest participant.

I am a current member of IYS: Yes No

To join IYS **please include a separate cheque for £12** and your completed membership form.

You can print a membership form off of the website www.iiys.org.uk

Name:

Address (with Postcode):

Email : Tel no:.....

Date Signed.....

Please send completed form(s) with cheque(s) payable to "IYS" to: Cathy Rogers Evans, 48 Grover Avenue, Lancing, West Sussex BN15 9RQ Your printed receipt will be available on the day of the event.

Enquires: cathyrogersevans@gmail.com 01903 762850

For info on other IYS events visit: www.iiys.org.uk

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