

# Institute of Iyengar Yoga in Sussex



IIYS is proud to offer you a  
Yoga Workshop

with

## Edgar Stringer

at

The Shoreham Centre  
2 Pond Road, Shoreham-by-Sea,  
BN43 5WU

**Saturday 10<sup>th</sup> February 2018**

**11:30am - 5:00pm**

*There will be break at approx. 2:00pm*



Edgar is an energetic enthusiastic and devoted practitioner and teacher of Iyengar Yoga. He has recently studied at RMIYI in Pune, India. His introduction to the method was while studying Philosophy at Manchester University. An Intermediate Senior 3 Teacher, he teaches with detail, depth and precision whilst maintaining an energetic pace to the class. Edgar lives in Biddestone with his wife Lydia and young family, teaches Yoga in the surrounding region. His website address is: [www.yogatree.co.uk](http://www.yogatree.co.uk)

**£25 IIYS members / £30 guest participant**

*Places are limited so early booking is recommended.*

This is not an equipped yoga centre. Please bring your own equipment and props. IIYS has some yoga equipment for sale. Please order in advance to collect on the day.

Enquires: [cathyrogersevans@gmail.com](mailto:cathyrogersevans@gmail.com) 01903 762850

For info on other IIYS events visit: [www.iiys.org.uk](http://www.iiys.org.uk)

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### Booking Form

**PLEASE MAKE CHEQUES PAYABLE TO 'IIYS'**

I wish to attend the Yoga Workshop with **Edgar Stringer** on the 10th February 2018 and I enclose my cheque for: **£25 as a IIYS member/ £30 as a guest participant\***.

I am a current 2017/2018 member of IIYS:  Yes  No

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

You can print a membership form from the website [www.iiys.org.uk/iiys/](http://www.iiys.org.uk/iiys/)

Name .....

Address (with Postcode) .....

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Email ..... Tel no.....

Date ..... Signed.....

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

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