

East of Scotland Iyengar Yoga Institute

Calendar of Events 2009

Helen Graham 3 hour General level workshop

February 14th 10am-1pm- Murrayfield Parish Church 2B Ormidale Terrace, Edinburgh EH12 6EQ £15 non-members and £10 members

Helen is a well known and popular teacher who has been teaching Iyengar Yoga since 1990 and now holds the only Senior Teaching Certificate in Glasgow and the West of Scotland. She is also an assessor for the IYA and currently runs her first introductory teacher training course in Glasgow. Helen has recently returned from her 9th trip to the Ramamani Iyengar Yoga Institute, in Pune, India, where she attends general classes and helps with the medical classes.

Meg Laing and ESIYI AGM

26th April

Meg started Iyengar yoga in 1972 and is now a Senior teacher and examiner. She currently teaches more experienced pupils and trainee teachers at the Edinburgh Iyengar Yoga centre. Meg always has great enthusiasm for yoga and teaching. Venue and time to be confirmed ASAP

PD Day with Penny Chaplin – Forward Extensions for all levels

27th September

We will be covering Teaching Forward Extensions (Paschima Pratana Sthiti) from Introductory to Senior levels of certification, paying special attention to the sequencing of the class, the linking and progression through the asanas. Teachers holding the relevant certificate should teach the asanas which will be allocated closer to the time.

Priority should be given to those teachers who have not taught at a PD Day before. Organisers, please ask each applicant whether or not they have taught before. Venue and time to be confirmed

Richard Agar Ward full weekend workshop

November 14th and 15th

This is a return visit for Richard as his teachings were so inspiring and popular in 2007. Richard holds the Senior Intermediate certificate, has been training Iyengar teachers since 1990 and is a moderator for teaching assessments. Richard runs his own centre in Bath with his wife Kirsten and between them they have over 40 years Iyengar yoga teaching experience. Venue and time to be confirmed

Application forms for all events will be available on the website

www.eastofscotlandyoga.org