



Certified Iyengar Teachers

General Weekend Workshop (all levels)

Firooza Ali

from Mumbai

17-19 October

Arrival for 4:30 on Saturday 17 October,
First class 5:30 – 7:30 followed by dinner

Firooza has been studying with Guruji since the 1970s and teaches at the Light on Yoga Research Trust Centre - Home Villa - in Mumbai where she teaches weekly Pranayama classes, general and advanced classes, as well as teachers' classes at the Iyengar Yoga Institute in Mumbai. Firooza also lectures in philosophy at a College in Mumbai.

Students who worked with her for the past two years had the chance to experience her knowledge, warmth and sense of humour, and we are sure she will be welcomed back by many.

Cost: £195 – Includes: Dinner on Saturday, breakfast, lunch and dinner on Sunday, breakfast on Monday. One class on Saturday, three classes on Sunday, one class on Monday morning (6-8am). Departure after breakfast on Monday.

To book, please send a 1/3 deposit now – £65, (non-refundable unless you find someone to take your space) and the balance will be due 8 weeks ahead of the start of the retreat, (by 22 August). Or you can pay the whole amount now. Confirmation will be sent once we have received the full amount due.

Cancellation policy: Your non-refundable deposit needs to be in at the time of booking. The balance will be due 8 weeks ahead of the event (on or before 22 August). We will not be able to give any refunds during the 8 weeks prior to the event, unless you find someone to take your place.

Equipment: please bring 1 mat, 2 bricks, 5 blocks, 1 belt, 1 blanket



Booking Form

Name: _____

Address: _____ PostCode: _____

Special Food requirements: _____

Medical Conditions: _____

Deposit enclosed Amount: £ _____ Cash Cheque

Full payment enclosed Amount: £ _____ Cash Cheque

Please send this form together with your payment to: Yoga Stable, 3A Montgomery Street Lane, Edinburgh EH7 5JT. For further details phone/email 0131 556 9526 info@yogastable.com Please make cheques payable to Yoga Stable