

Helen Graham and ESIYI AGM

Fairmile Head Church, 1A Frogston Road West
Edinburgh, EH10 7AA

General Day: Saturday 17th April 2010
10am – 12.30pm & 2pm-4pm

£30 non-members £25 members

Open to those with a minimum of 6 months' experience

During the lunch break we will hold the AGM, please join us

Please see website www.eastscotlandyoga.org for membership forms,
booking forms and Iyengar Yoga Information

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 runs introductory teacher training course in Glasgow. This summer Helen will return to Pune in India which will be her 12th trip to the Ramamani Iyengar Yoga Institute, where she attends general classes and helps with the medical classes.

Equipment: please bring 1 mat, 5 blocks, 1 brick, 2 belts, a blanket or as much as you can manage

Event organisers and bookings: Karen Lamb

Please send your booking slip and **cheque payable to ESIYI** to: Karen Lamb, 9 Gardiner Terrace, Edinburgh, EH4 3RS Tel: 0131 332 9233 / 07930 198332

Please note cancellations will incur a £5 admin fee and after 10th April no refunds will be given

Iyengar Yoga with Helen and ESIYI AGM 17th April 2010

Please book me a place for this event:

I enclose a cheque for.....

If you require directions to the event please call us or a receipt please indicate and we will email you or alternatively enclose a stamped SAE



NAME.....ADDRESS.....

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PHONE.....EMAIL.....

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