

East of Scotland Iyengar Yoga Institute

Iyengar Yoga with Julie Anderson

Fairmilehead Church
1A Frogston Road West, Edinburgh EH10 7A

General Day: Saturday 27th February 2010
10am - 1pm

£15 non-members — £10 members

Open to those with a minimum of 6 months' experience

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

This is an opportunity to work with one of our local Junior Intermediate teachers. Julie has been practising yoga for 32 years and teaching for 13 years. She has studied regularly with the Iyengars in Pune ensuring her technique, sequencing and timing is up to date with current approved teaching practices. Her long term students describe Julie's teaching as "inspiring", "committed" and "attentive".

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

Event organiser and bookings: Karen Lamb

Please send your booking slip and cheque payable to **ESIYI** to:
Karen Lamb, 9 Gardiner Terrace, Edinburgh EH4 3RS
Any queries call: Karen on: 07930198332 or 0131 332 9233

Please note cancellations will incur a £5 admin fee and after 20th February no refunds will be given

Yoga with Julie Anderson Saturday 27th February 2010

Please book me a place for this event:

I enclose a cheque for.....
If you require directions to the event or a receipt please indicate
and we will email you or alternatively enclose a stamped SAE



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

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

East of Scotland Iyengar Yoga Institute

Iyengar Yoga with Julie Anderson

Fairmilehead Church
1A Frogston Road West, Edinburgh EH10 7A

General Day: Saturday 27th February 2010
10am - 1pm

£15 non-members — £10 members

Open to those with a minimum of 6 months' experience

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

This is an opportunity to work with one of our local Junior Intermediate teachers. Julie has been practicing yoga for 32 years and teaching for 13 years. She has studied regularly with the Iyengars in Pune ensuring her technique, sequencing and timing is up to date with current approved teaching practices. Her long term students describe Julie's teaching as "inspiring", "committed" and "attentive".

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

Event organiser and bookings: Karen Lamb

Please send your booking slip and cheque payable to **ESIYI** to:
Karen Lamb, 9 Gardiner Terrace, Edinburgh EH4 3RS
Any queries call: Karen on: 07930198332 or 0131 332 9233

Please note cancellations will incur a £5 admin fee and after 20th February no refunds will be given

Yoga with Julie Anderson Saturday 27th February 2010

Please book me a place for this event:

I enclose a cheque
for.....
If you require directions to the event or a receipt please indicate
and we will email you or alternatively enclose a stamped SAE



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

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