

East of Scotland Iyengar Yoga Institute

Uday Bhosale

Wester Hailes Education Centre, 5 Murrayburn Drive,
Edinburgh, EH14 2SU

General Day: Saturday 25th February 2012
10.30am – 12.30pm & 1.30-3.30pm

£30 members (£35 non-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

Uday has been a disciple of yoga at RIMYI in Pune for the past 12 years and been teaching there since 2002. At RIMYI he teaches the children's class as well as beginners and medical classes. He has a wealth of experience of teaching workshops to different groups and has acted as a asana demonstrator for books by BKS Iyengar. This promises to be an interesting and fun workshop where Uday will share some of his skills in teaching yoga to children , as well as helping us find "the child within" in our own practice.

Equipment: please bring 1 mat, 4 blocks, 2 bricks, 1 belt and a blanket. Please contact Karen who will help if you need equipment. 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 18th February no refunds will be given

Iyengar Yoga with Uday Bhosale 25th February 2012

Please book me a place for this event:



I enclose a cheque for.....

If you require a receipt please indicate and enclose a stamped SAE

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

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