

Venues

Saturday: Cambuslang

Yoga Studio

Sunday: Western

Baths Club

Iyengar Yoga

with Helen Graham

Saturday 10th July 10-3pm for teachers/trainees/experienced students

Sunday 11th July 10-3pm General w/shop for all (with 6months + experience)

Helen is a Senior Level (III) teacher and teacher trainer. She has just returned from a 5 day course in the USA with Geetha Iyengar. Helen has been to Pune more than 15 times and she hopes to bring this knowledge and experience to these workshops.

Cost: Saturday & Sunday £30 per day . £50 for both days

Please cut off and fill in the form below and post together with a cheque made payable to Helen Graham at 23 Prospect Avenue, Cambuslang, Glasgow G72 BW

Cancellation Policy: Full refund up to 5 days before event then refund if place can be filled.

For more info: email helengraham88@mac.com tel: 0141 642 0476

For info about Helen and other classes and w/shops in Glasgow

go to www.glasgowyogaclassess.co.uk



Booking Form

Yoga with Helen Graham

Name: _____

Email: _____

Phone No: _____

Booking for: Saturday 10th / Sunday 11th / Both days (delete as required)