

Iyengar Yoga Day

The Western Baths Club
8-12 Cranworth St
Glasgow
G12 8BZ

with Helen Graham

Sunday August 16th 2009 10am -2.30pm

Helen is the only Senior Iyengar Yoga teacher in Glasgow and the West of Scotland. She started teaching in 1990 and now teaches classes across Glasgow and also travels to Europe to train teachers and teach workshops. Helen visits India every year to be taught by the Iyengars: this July will be her 11th visit to Pune. This is the only workshop that Helen will be teaching this year.

INFORMATION

Cost: £25 per day (half day available if there is space)

make cheques payable to Helen Graham

Cut off and fill in form below and post together with cheque to Helen at 23 Prospect Avenue, Cambuslang, Glasgow G72 8BW,

include a sae if you require a receipt/confirmation of booking by post, otherwise confirmation will be emailed, paper receipts also available on the day.

for info about Helen and other classes /workshops in Glasgow click here glasgowyogaclass.co.uk,

Yoga With Helen Graham

I enclose a Cheque for £.....

Name.....

Address.....

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Postcode.....

Telephone.....

Email.....



Iyengar Yoga