

# Iyengar Yoga Holiday

## with Patrick LeRoy in Montpellier, South France

Tuesday 3rd August - Saturday 7th August 2010

Patrick and his partner Dominique have taught two very successful retreats on the Holy Isle, Isle of Arran. Patrick is an inspirational teacher. He was given his teaching certificate by Guruji in Pune and continues to visit India regularly to work with and be taught by the Iyengars.

This holiday is in Patrick's own yoga studio in Montpellier on the south coast of France. All equipment is provided, including ropes and other props.

Accommodation will be in local flats near to the studio, contact Helen to organise this. otherwise book local hotels with expedia.

Flights: Ryanair Prestwick to Girona or Carcassonne or Edinburgh to Marseille. Car hire or train to Montpellier. Non yoga family /friends welcome

**Course programme:** 7-10am asana class with Patrick  
late afternoon pranayama and recuperative yoga class with Helen

**Cost: £150 for five days**

For more info: email [helengraham88@mac.com](mailto:helengraham88@mac.com) tel: 0141 642 0476

For info about Helen and other classes and w/shops in Glasgow  
go to [www.glasgowyogaclasses.co.uk](http://www.glasgowyogaclasses.co.uk)

Please return form below + deposit £55. Make cheque made payable to:  
Helen Graham at 23 Prospect Avenue, Cambuslang, Glasgow G72 8BW

**NB: Balance £95 payable in euros on arrival**

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

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### Booking Form

Yoga Holiday with Patrick LeRoy

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone No: \_\_\_\_\_

Remember to enclose deposit £55

