

Iyengar Yoga Retreat

Holy Isle
Lamlash Bay
Isle of Arran
KA27 8GB
Scotland

with Patrick Le Roy and Dominique Savelli

Friday 23rd April - Tuesday 27th April 2010

This will be Patrick's 6th visit to Scotland and his 2nd retreat in the beautiful and peaceful surroundings of Holy Isle. Patrick is a truly inspirational teacher, he started his yoga in Paris and now has his own studio in Montpellier with his partner Dominique. He has studied with the Iyengars in Pune since the '70's. His knowledge of yoga and sensitivity combined with the serenity of the Holy Isle make this a tranquil yet stimulating and rejuvenating experience. The course will start with a class at 4pm on the 23rd, finishing after a morning class on 27th.

To book, please send a £20 deposit to Helen Graham along with booking form (see below) The balance £140 due by 31st March 2010. Accommodation costs are paid direct to Holy Isle on arrival.

INFORMATION

Cost:

make cheques for yoga payable to Helen Graham, 23 Prospect Avenue, Cambuslang, Glasgow G72 8BW

Yoga: £160 for 4days (£20 deposit now balance £140 by 31st March)

Accommodation:

Single Room £50

Twin Room £75 (two people sharing)

Dorms £30 per night

These prices include lodging, full vegetarian board and yoga room hire. Accommodation costs are paid direct to Holy Isle on arrival.

Non yoga friends/family welcome. Please include with booking form details of type of accommodation required and for twin room name of person sharing and any food requirements.

for more on Holy Isle incl. travel, ferry info, click here www.holyisle.org

for info about Patrick, Helen and retreat click here glasgowyogaclasses.co.uk,

Yoga With Helen Graham

I enclose a Cheque for £.....

Name.....

Address.....

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Postcode.....

Telephone.....

Email.....



Iyengar Yoga