

Oxford and Region Iyengar Yoga



Iyengar Yoga Workshop

with

Margaret Rawlinson

Sunday 22nd October

10: 00 am – 3:00pm at

Speen Hall, Speen Lane Newbury RG14 1RJ.

Margaret is a Senior level III Iyengar Yoga teacher, and has been teaching since 1979. She has visited the Iyengar Yoga Institute (RIMYI) in Pune, India many times and was privileged to have been taught by BKS Iyengar himself; as well as his daughter, Geeta, and son, Prashant and now granddaughter Abhijata. Margaret has also studied remedial yoga with Stephanie Quirke (who worked directly with the Iyengar's in Pune for many years)

Margaret has developed, over the years, through her experience in Yoga, pranayama, meditation and Chinese Medicine, a complete practice in order to reach a deeper spiritual awareness. She has boundless love and passion for her practice and her teaching and finds it very rewarding to help her pupils discover a deeper level of Yogic awareness. She has understanding and knowledge for finding ways to practice with difficulties or injuries.

Cost:

ORiy Members -	Full Day 10am to 3pm	£30
	Morning Only 10am to 1pm	£25
Non ORiy Members	Full Day	£40
	Morning only	£35

(**ORiy membership:** £20 per annum and gives you affiliated membership to the Iyengar Yoga Association (UK) with two magazines per annum, the ORiy e-newsletter each term and access to our yoga days at a reduced rate. If you are a member of another local group such as DHIY you can join ORiy for the special rate of £5)

Please bring: Yoga equipment- Light snack/ lunch.

Parking: Available. (Do car share where possible)

Please try to book early to help us with planning.

Payment by Bank Transfer:

Account Name: ORiy (Oxford & Region Iyengar Yoga).

Account Number: 13688928.

Sort Code: 60-15-07.

Ref: Your Surname Margaret 2023

To book your place please email jhardy2406@gmail.com