



Oxford and Region Iyengar Yoga

Iyengar Yoga Workshop with Matthew Greenfield

Sunday 3rd March 2024
10 am until 1.00pm
Speen Hall, Speen Lane, Newbury RG14 1RJ.

Matthew is a qualified Level 3 Iyengar Yoga Teacher (Senior Intermediate Level 2) with over 30 years' experience. He started yoga at university and has trained with many senior teachers in the UK and abroad. This includes several trips to study with the Iyengar family in Pune.

Cost: ORIY Members £25
Non ORIY Members £35

(ORIY membership: £20 per annum which gives you affiliated membership to Iyengar Yoga UK with 2 magazines per year, the ORIY e-newsletter each term and access to yoga workshops at a reduced rate)

Please bring: Yoga equipment

Parking: Available (Do car share where possible)

Payment by Bank Transfer:

Account Name: ORIY (Oxford & Region Iyengar Yoga).
Account Number: 13688928.
Sort Code: 60-15-07.
Ref: Your Surname Matthew 2024

To book your place please email jhardy2406@gmail.com