



Oxford and Region Iyengar Yoga



Celebrating the Centenary of Guruji's Birth  
1918 - 2018

# IYENGAR YOGA DAY

## SATURDAY 24<sup>TH</sup> NOVEMBER 2018

at St Nicolas School, Link Road, Newbury RG14 7LU

***Come and join us for a yoga workshop and a film!***

### Workshop with Sheila Haswell 10am-1pm

Sheila is a Senior Iyengar teacher with close links with the Iyengar family. She currently runs the Iyengar Yoga Shala in High Wycombe. She has been teaching and training teachers of all levels for nearly 40 years both in the UK and overseas. Her training courses attract students from around the world. This is a rare chance to enjoy Sheila's teaching. So book early as workshops with popular teacher always sell out!

Cost for workshop :ORiy Members £20 Non-members £30  
Lunch 1pm-2pm

Bring your own lunch and perhaps a bit extra to share.

Hot drinks and the usual ORiy baked goodies will also be available.

### Breath of the Gods film 2-3:40pm

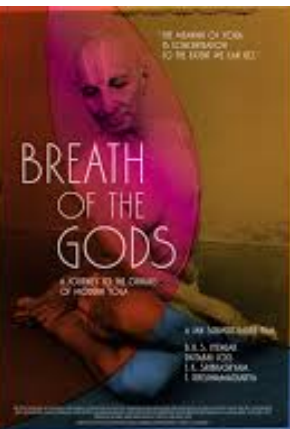
This 100 minute documentary explores the history of modern yoga, from its origins thousands of years ago to its modern roots in the 20<sup>th</sup> Century. The film follows Guruji's Guru, Krishnamacharya, his life and teachings through the memories of his students and relatives, incorporating rare historical footage to provide an illuminating look at the yoga which is now practiced daily by tens of millions of people around the world.

There is no charge to join us to watch the film.

There will be an opportunity to make a donation to The Bellur Trust, Guruji's charity.



*Sheila Haswell with her mother Lillian Biggs and BKS Iyengar*



**ORiy membership: £15 per annum**

Membership 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.

### Payment by Bank Transfer

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

Account Number: 13688928. Sort Code: 60-15-07. (Ref: Your Surname)

then email the ORiy Events Secretary Evelyn Crosskey; [longwittenhamyogacentre@gmail.com](mailto:longwittenhamyogacentre@gmail.com) telling her you have done the bank transfer copying the Treasurer; Jennie Wood [j@ennie.co.uk](mailto:j@ennie.co.uk) in.