



Oxford and Region Iyengar Yoga
Iyengar Yoga Workshop

with

UDAY BHOSALE

Saturday 2nd April 2022

**10: 00 am – 3:30pm at St Nicolas School, Link Road, Newbury
RG14 7LU**

We are delighted to welcome Uday to teach at our first face to face workshop since lockdown. Uday is a Senior Iyengar Yoga Teacher who trained under Guruji (and Geetaji and Prashantji) in Pune and has wide ranging experience of working with students of all ages and abilities from beginners to experienced teachers. He has taught all over Europe, America and the UK.

Cost:

**ORiy Members - Full Day 10:00am 3:30pm £30 - Morning Only 10 till 1.00pm £25
(Non ORiy Members Full Day £40 - Morning only £35)**

(ORiy membership: £15 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)

Book early to avoid disappointment – numbers may be reduced in order to maintain a suitable distance between mats.

Payment by Bank Transfer: Nat West Account Name: ORiy (Oxford & Region Iyengar Yoga). Account Number: 13688928. Sort Code: 60-15-07. Ref: Your Surname Uday 2022)
then email Mary at maryfitzpatrick10@icloud.com telling her you have done the bank transfer copying the Treasurer; Jennie Wood j@ennie.co.uk