

Beginners and Improvers Workshop with



Sara Braham



Sunday 1st August 2010



10am-1pm

Members £18

Non-Members £20

The Introductory postures in Iyengar Yoga are the foundation of any practice. In this workshop we will be looking at all aspects of the beginners course, from standings and inversions to seated and recuperative postures, and how these postures can benefit the organic body.

Name:

Phone Number:

I enclose a payment for £ _____
(payable to Sheila Haswell Yoga)

Please book my space - payment to follow

Sarva IYI, 161 West Wycombe Rd, High Wycombe,
Bucks, HP12 3AB

01494 521107 / enquiries@sarva.co.uk /

www.sarva.co.uk