

Iyengar Yoga Sussex



Iyengar Yoga Workshop and Annual General Meeting *with guest teacher* **Andrea Smith**

Saturday 29th June, 2024

St. Mary's Church Hall

12 Compton Ave., Goring-by-Sea

Worthing, West Sussex BN12 4UJ

2:00pm - 5:00pm - Asana class & AGM

£28 IYS members/ £36 guest participants. *Early Booking is recommended as places are limited. Please bring your own basic yoga props and mat to this event.*

IYS is delighted to welcome back Senior Iyengar teacher Andrea Smith from Hampshire to our next workshop in Goring-by Sea (Worthing). Andrea's teaching style is clear and direct as well as understanding and compassionate. Her knowledge of yoga has developed from her many years of study and practice from Iyengar teachers and trips to Pune. Everyone is invited to attend the AGM which will follow immediately after the workshop where tea and cakes will be provided for all to share.

About Andrea: "I was fortunate when I started yoga as the teacher I chose to learn from, Linde Toompuu, happened to follow the Iyengar tradition. Who knew there are so many different styles available? With her I went to the Maida Vale Institute, London and worked with other great teachers; Silva Mehta, Diana Clifton were two, plus had the benefit of working with Maxine Tobias, Danielle Arin Strutt and eventually Kofia Busia for many years. Finally, made it to Pune to work with the Iyengar family on many occasions. I started some 46 years ago and during that time have been on several Iyengar Yoga committees and endless workshops with visiting and UK teachers. I believe the current term is "lifelong student" although I have been teaching for approximately 37 years, I consider this to be a two way street as teachers learn so much from their students."

How to Book

1. Email Cathy the IYS Events Secretary at cathyrogersevens@gmail.com with your full name and contact details indicating if you are a member or guest of IYS and your payment amount.
2. Make a bank transfer for the total amount of your booking. As a reference please be sure to include your surname and first initial. **Co-operative Bank Details:** Account Name: Iyengar Yoga Sussex Sort code: 08 92 99 Account no: 65675373
3. You will receive your confirmation of your booking by email from Cathy.
4. If you have any questions contact Cathy Rogers Evans Tel. 01903 762850.

Cancellations policy: Refunds given in full if cancellation is received 5 days prior to the date of the workshop.

If you wish to join IYS contact Randall Evans, IYS Membership Secretary or if you have a question about membership: randallebens1@gmail.com. If you are experiencing financial hardship please write to: Brian Ingram, 51 Meadow Lane, Burgess Hill, RH15 9HZ with details.

For info on other IYS events visit: www.iyengaryogasussex.org.uk