

Iyengar Yoga Sussex



Yoga Workshop *with guest teacher* **Judith Soffa**

Saturday 31st May 2025

Shoreham Centre 2:30pm - 5:30pm

2 Pond Road, Shoreham-by-Sea,
West Sussex BN43 5WU

Judith will focus on Pranayama and preparatory postures in this workshop.

Judith Soffa teaches from a vast wealth of experience in Iyengar Yoga and employs intelligent attention to detail in her classes. Her focus is on ensuring that each person understands the actions required to discover their potential for healthy alignment, extension and satisfying fulfilment in yoga asana and pranayama. Participation in this workshop with guest senior teacher Judith Soffa is thoroughly recommended for all who enjoy the satisfaction of an absorbing yoga experience.

You will need to bring your yoga mat and props to this event.

£29 IYS members/ £37 guest participants. *Early Booking is recommended.*

Booking Information

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 use "Judith Soffa" when you make your transfer. **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.

If you have any questions contact Cathy Rogers Evans Tel. 01903 762850.

If you wish to join IYS contact Randall Evans, IYS Membership Secretary or if you have a question about membership: randallevans1@gmail.com.

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: randallevans1@gmail.com. If you are experiencing financial hardship please write to: Brian Ingram, 51 Meadow Lane, Burgess Hill, RH15 9HZ with details.