



Pranayama and Asana with Patrick Leroy



Saturday 17th November 2007 - 10am to 4pm
Sunday 18th November 2007 - 10am to 4pm

Hillhead High School
Oakfield Avenue, Glasgow G12

Open to all Iyengar Yoga practitioners with a minimum of six months experience.

We are delighted that Patrick Leroy is once again travelling from France to teach this special weekend workshop. Both days will start with a class devoted to Pranayama (breath techniques). This may be new to some of our membership, but it is a wonderful opportunity to learn from basics. Do not be alarmed—Patrick has asked us to provide chairs! The afternoon asana session will offer the “Rigorous teaching and good sense of humour” that Patrick uses to “Convince everyone to continue with a joyful and regular practice.”

The programme is designed to build sequentially, so if you are able to book for only one day, it is recommended that you come on the Saturday.

Cost

GWSIYI members booking before 31st October: £30 per day.

Bookings made after 31st October: £35 per day.

Non-members add £5 per day.

Membership costs £10 from www.gwsiyi.org

Please reserve a place for me at the Patrick Leroy workshop ...

Name: _____ Member (y/n) _____

Contact no. _____ Email: _____

Saturday 17th Sunday 18th

I enclose a cheque for £ _____ payable to GWSIYI.

Please send fee and completed booking form to Valerie Miller, 15 Hamilton Drive, G12 8DN. Confirmation will be sent by email.

