



Iyengar Yoga with Firooza Ali



22nd – 24th October 2007

Firooza Ali has been studying with B. K. S. Iyengar since the seventies. She teaches at the Light on Yoga Research Trust Centre in Mumbai, and is also a philosophy lecturer. This is Firoozas second visit to Scotland, and her first visit to Glasgow.

Monday 22nd	6:30 to 8:30 pm	Asana	Open to anybody with more than six months Iyengar Yoga experience .	Langside Hall Langside Avenue Partick G41 2QR
Tuesday 23rd	7 to 9 am	Pranayama	Open to anybody with more than six months Iyengar Yoga experience .	The Yoga Extension 47 Southbrae Drive Jordanhill G13 1PU
	6:30 to 8:30 pm	Asana	Open to anybody with more than six months Iyengar Yoga experience .	Partick Burgh Halls 3—9a Burgh Hall St. Partick G11 9LN
Wednesday 24th	7 to 9 am	Pranayama	Open to anybody with more than six months Iyengar Yoga experience .	The Yoga Extension 47 Southbrae Drive Jordanhill G13 1PU
	10:30 to 12:30	Therapy Class (shoulder problems)	To book a place, give your personal and health problem details to your teacher.	Southside Yoga Studio 23 Prospect Avenue Cambuslang G72 8BW
	5:45 to 7:45 pm	Asana (teachers' class)	Open to teachers and trainee teachers only.	The Yoga Extension 47 Southbrae Drive Jordanhill G13 1PU

Classes: **£10** GWSIYI members
£15 non-members*

To book, phone Helen Graham on **(0141) 642 0476**

*GWSIYI membership costs £10pa. An application form can be downloaded from www.gwsiyi.org.