



# ORIY

Oxford and Region Iyengar Yoga

## IYENGAR YOGA DAY

### SATURDAY 29<sup>TH</sup> JUNE 2019

at St Nicolas School, Link Road, Newbury RG14 7LU

#### Full Day

10am – 4pm

**Asana Practice**

**& Sanskrit/Chanting Session**

**ORIY Member £25**

**Non-Member £35**

**ORIY AGM**

**will be held in the lunch break**

**\*\*All welcome! \*\***



### *With Sallie Sullivan*

#### Morning Session

**Asana Practice only**

10am -1pm

**ORIY Member £20**

**Non-Member £30**

**Bring with you :**

- Yoga kit
- A light snack

**Parking available at**

**the venue**

*Come and join us for a day of yoga with one of the UK's senior teachers. Sallie will teach a morning of asana (yoga postures) practice followed by an afternoon session where she will give us an introduction to Sanskrit, the ancient Indian language in which these postures and the Invocation to Patanjali, which is often chanted at the beginning of class, is written.*

*Sallie started learning Iyengar yoga in 1979, qualifying as a teacher in 1986 and later passed her Intermediate and Senior certificates. Sallie has studied directly with BKS Iyengar and his family. She has also studied Sanskrit and Yoga philosophy with Professor Arjunvadkar from Bombay University. This event is an opportunity to not only deepen your asana practice but to become more confident in your Sanskrit pronunciation and understanding – definitely one not to be missed!*

**ORIY membership: £15 per annum**

Membership gives you affiliated membership to the Iyengar Yoga Association (UK) with two magazines per annum, the ORIY e-newsletter each term and access to our yoga days at a reduced rate. If you are a member of another local institute such as AIYI you can join ORIY for £5.

**Payment by Bank Transfer :** NatWest Account Name: ORIY (Oxford & Region Iyengar Yoga) Account Number: 13688928. Sort Code: 60-15-07. (Ref: Your Surname)

then email the ORIY Events Secretary Evelyn Crosskey;

[longwittenhamyogacentre@gmail.com](mailto:longwittenhamyogacentre@gmail.com) telling her you have done the bank transfer,

copying the Treasurer; Jennie Wood [j@ennie.co.uk](mailto:j@ennie.co.uk) in