



Uday with Guruji



ORIY

Oxford and Region Iyengar Yoga **IYENGAR YOGA WEEKEND** **SATURDAY 4th – 5th APRIL 2020**

at Steventon Village Hall, OX13 6RR

With Uday Bhosale



Uday Bhosale

We are delighted that Uday will be returning to the ORIY region. This is a golden opportunity for you to develop your yoga practice and to be immersed in the teachings from the Iyengar Institute of Pune, India.

Bring with you :

- Yoga kit
- A light snack

Parking available at the venue

Saturday 4th April

10:00 – 13:00 Asana Practice (General Level, suitable for all)

**13:00-14:00 Break : To include consultation of Therapy/Remedial queries and questions – N.B. these need to be pre- submitted.
Hot drinks will be available for a donation.**

14:00-16:00 Asana Practice (Suitable for those with 5+yrs Iyengar Yoga Practice)

Sunday 5th April

10:30-11:30am Children's Asana Session (Ages 6yrs+)

11:30-12:00 Fresh Fruit Break (included)

This promises to be a fun-filled-action-packed session which will amaze and delight your yoginis in equal measure. A fruit snack will be offered at the end of the session.

Iyengar Yoga Teachers are welcome to attend this session, the pre-requisite is you have to bring a child student with you! Parents of the younger ones can also stay.



13:00-15:00 Restorative Asana & Pranayama Practice suitable for all aged 16yrs +

ORIY Member : Sat Morning £20 , Sat All Day £25, Sat & Sun £30

Non-Member : Sat Morning £30 , Sat All Day £35, Sat & Sun £40

Children's Class : £10 per child

If you're not already an ORIY member do ask us for more details as there are lots of benefits!

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 telling her you have done the bank transfer, copying the Treasurer; Jennie Wood j@ennie.co.uk in