

# Iyengar YOGA



**With TESSA MARTIN**

**25 Harvest Green,  
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## **WORKSHOPS AND RECUPERATIVE/PRANAYAMA CLASSES** **SUMMER TERM 2018**

These workshops and classes will all take place in my home studio at the address above (please do NOT park in Harvest Green, plenty of parking on Fifth Road and you do not need to bring any equipment at all). They will be limited to 8 people only on a first paid basis.

### Recuperative/Pranayama

Please circle

Friday 4 <sup>th</sup> May 5.30 p.m. – 7.00 p.m.	£10.00
Friday 1 <sup>st</sup> June 5.30 p.m. – 7.00 p.m.	£10.00
Friday 22 <sup>nd</sup> June 5.30 p.m. – 7.00 p.m.	£10.00
Friday 13 <sup>th</sup> July 5.30 p.m. – 7.00 p.m.	£10.00

### Sunday Workshops

Sunday 27 <sup>th</sup> May 10.00 a.m. – 1.00 p.m.	£20.00
Sunday 17 <sup>th</sup> June 10.00 a.m. – 1.00 p.m.	£20.00
Sunday 17 <sup>th</sup> July 10.00 a.m. – 1.00 p.m.	£20.00
Sunday 8 <sup>th</sup> July 10.00 a.m. – 1.00 p.m.	£20.00

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Name: .....

E-mail: .....

Phone: .....

I enclose £..... in payment to book on to classes/workshops as indicated above.