

YOGA with Kirsten Agar Ward

Inverness Creative Academy

Midmills Building, Stephen's Street
Inverness, IV2 3JP



Saturday 2nd May 2020

10am – 4 pm

£45

Kirsten is qualified to Senior Level 3, is an approved teacher trainer and assessor of teachers for the IYA (UK) and is invited to teach all over the UK and internationally and now makes a very welcome return visit to Inverness!

She and her husband, Richard, run the busy Bath Iyengar Yoga Centre. Originally an educational psychologist, she took up yoga after leaving university in 1988 and soon realised that it offered a more complete analysis of the human condition than Western Psychology. Since then she has practised Iyengar Yoga continuously and has taught full time since 2000. She travels annually to Pune, India to study with the Iyengar family.

This is a workshop suitable for those with a minimum of two year's regular attendance at classes.

Some equipment will be available but please bring your own where possible - yoga mat, foam blocks (4/5), wooden or foam bricks (2), yoga belt (1/2), blanket (1/2).

Our venue is located in the refurbished Midmills building in Crown; there is some parking at the venue however we recommend car sharing, use of public transport. There are car parks nearby e.g. Eastgate Centre. The area is also well served with local cafes.

We anticipate this being very popular, **so early booking is advised**, see overleaf. If, after booking, you find you are unable to attend please let us know ASAP as we **may** be able to offer your place to another student (from our waiting list) to enable a refund.



Ways to book:

- By cheque - please fill in the slip below and make your cheque payable to **lyengar Yoga Inverness**; send both to Fiona Sarjeant at Belladrum Kennels, Belladrum, by Beauly, IV4 7HP or hand it to her or Donna Youngson at class. Alternatively....
- By bank transfer – make a payment to **lyengar Yoga Inverness**, Sort Code **802260**, Account number **17603267**. Please put **Kirsten2020** in the narrative for your payment and email to let us know to expect your booking also covering the details in the slip below.

For further information contact us on 07761628949 or info@yogainverness.co.uk



lyengar Yoga with Kirsten Agar Ward 2nd May 2020

I enclose a cheque for £45

NAME.....

PHONE.....

EMAIL.....

Please indicate if you practise

Salamba Sirasana (head stand)

Salamba Sarvangasana (shoulder stand)

Please also indicate if you are happy to be contacted for the purpose of class/workshop notifications; by e-mail - Yes/No SMS – Yes/No Post – Yes/No

I extend this consent to notification and newsletters of future classes/workshops Yes/No