

Iyengar Yoga with Kirsten Agar Ward

Online workshop

Saturday 28th & Sunday 29th Nov 2020
10am – noon both days
£15 per session or £25 for both



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.

We are running this event on Zoom. Once booked, you will be sent a link a couple of days before the event. You should ensure that you have your device charged, camera switched on and situated so that you can be seen on the screen. The usual equipment for workshops is a Yoga mat, 4-5 foam blocks, blanket (2 if possible), Yoga belt, 2 wooden or foam bricks and a bolster. As you may not have all, these please take a look at this post on our [Facebook page](#) for ideas for equipment substitutes. If you wish to buy equipment but not sure where to start, please get in touch.

This is Kirsten's third visit to Inverness (albeit virtually this time) and her previous days have been very well attended, so early booking is advisable, details below. We are restricting spaces to around 20 per session. Preference will be given to those booking for the whole weekend, although some single spaces will be available.

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 a 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 (you can also just email the information asked for below if you prefer)
- By bank transfer – make a payment to **lyengar Yoga Inverness**, Sort Code **802260**, Account number **17603267**. Please put **KirstenNov20** 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



Iyengar Yoga with Kirsten Agar Ward 28th – 29th November 2020

- I enclose a cheque for £15 indicate which day you wish to attend
 - Saturday
 - Sunday
- I enclose a cheque for £25 for both workshops

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 future 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

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