

Iyengar Yoga



Workshops

**Zed Shed, Jubilee Wharf, Penryn, Nr Falmouth Cornwall TR10 8FG
with Sue Lovell (Senior 3 Iyengar teacher)**

Wednesday 25 October 9 - 11.30am
Saturday 28 October 11am - 1.30pm
Thursday 18 December 12.30 - 15.00
Wednesday 3 January 12.30 - 15.00 2018
Friday 5 January 13.00 - 15.30

5 yoga workshops in this gorgeous yoga space - Zed Shed in Penryn, nr Falmouth which overlooks the river Fal.

Yogasana, philosophy and pranayama from the teachings of BKS Iyengar and Sage Patanjali – General level

Cost : £25 or £20 concessions/low income per workshop

Sue 07851 195208 sueyoga40@gmail.com www.peakyoga.org.uk

Booking Form Yoga in Cornwall Zed Shed / Sue Lovell

Name Tel & Email.....

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£25/£20.....

Account details 69330753 sort code 089299 Coop bank please ref your name & confirm payment

25 Trelawney Road Falmouth TR11 3LT Sue 07851 195208

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