



A Bath Iyengar Yoga Centre Event



Karen Wilde has been teaching since 1971 and regularly studies with the Iyengars in Pune. She has run her physiotherapy practice and Iyengar Yoga school in Warrnambool, Australia since 1991. She is a member of the Continence & Women's Health Group (division of the Australian Physiotherapy Association) that conducts Basic and Advanced pelvic floor courses for postgraduate Physiotherapists. She has completed both courses and lectured to the group on yoga and its relationship to the pelvic floor.

The workshops will look at how to keep the pelvic floor healthy and how to help pelvic floor problems for men and women,

Evening workshops-for those with no yoga experience & physiotherapists
Friday 28 May 6.30 pm - 8.30 pm £15.00

Teachers' Day - for Iyengar teachers & trainees
Saturday 29 May 11.00 am - 5.00 pm £37.00*/£41.00

Workshops Sunday 30 May
§Women 10.00 am - 1.30 pm £21.00*/£23.00
§Men 2.30 pm - 6.00 pm £21.00*/£23.00

Whole weekend £75.00*/£79.00

Please note

- Discounted rate (asterisked) is for members of Bath Iyengar Yoga Centre only.
- Booking fees are non-refundable
- The studio is fully equipped so there is no need to bring yoga equipment.
- § Male teachers may attend the women's workshop & female teachers the men's workshop

I would like to attend the workshop(s) with Karen Wilde.

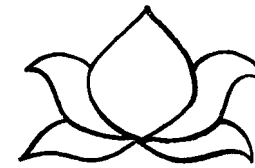
I enclose £ _____ Cheques payable to "Bath Iyengar Yoga Centre"

Name _____

Phone _____ e-mail _____

Tick if you require confirmation a map or a receipt

These will be e-mailed to you. If you have no e mail **please ENCLOSE SAE**



Bath Iyengar Yoga Centre

Karen Wilde
Senior Teacher & Physiotherapist

Pelvic Floor Workshops

Evening Workshop
28 May - physiotherapists & those with no yoga experience

Teachers' Day
Saturday 29 May

Women's Workshop
Sunday 30 May morning

Men's Workshop
Sunday 30 May afternoon

Richard Agar Ward
Kirsten Agar Ward

Certified Iyengar
Yoga Teachers

3 The Foundry, Beehive Yard, Walcot Street, Bath, BA1 5BT
01225 319699 www.bath-iyengar-yoga.com