



Bath
Iyengar Yoga
Centre

Richard Agar Ward
Senior Teacher

New Year Intensive
2011
3 – 7 January

Partners:
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



A Bath Iyengar Yoga Centre Event



About Richard Agar Ward

Richard is a senior pupil of BKS Iyengar. He has been practising Iyengar Yoga since 1975, teaching for 33 years and has attended classes in Pune on 17 visits. He is an approved teacher trainer and began training Introductory level Iyengar Yoga teachers in 1990. He also trains teachers in Bath at Junior Intermediate and senior levels and conducts the Junior Intermediate teacher training class at Iyengar Yoga Institute, Maida Vale, London. He is Moderator for the IYA(UK).

About Bath Iyengar Yoga Centre

A contemporary studio in a quiet and pleasant riverside enclave in the heart of Bath. The Centre is fully equipped so you do not need to bring any equipment.

Bath is a world heritage site set in beautiful countryside. It is easily accessible by car, rail and coach and the Yoga Centre is just a few minutes walk from the mainline railway and bus stations. Our central location is close to good cafes, restaurants, shops, accommodation to suit all budgets and tourist sites. The programme provides free time to explore the city and countryside if you wish.

About the intensive course

This course will give you an opportunity to focus on and deepen your practice. You will be given personal attention in a small group (maximum 18). It is suitable for those who regularly attend Intermediate level Iyengar Yoga classes.

Programme

| | | |
|-----------|---------------------|-------------------|
| Monday | Welcome Asana class | 4.30 pm - 6.30 pm |
| Tuesday | Pranayama & Asana | 7.30 am - 1.00 pm |
| Wednesday | Pranayama & Asana | 7.30 am - 1.00 pm |
| Thursday | Pranayama & Asana | 7.30 am - 1.00 pm |
| Friday | Pranayama & Asana | 7.30 am – 12 noon |
| | Vegetarian lunch | 12 noon |

Fees

Full course: £175.00*/£191.00

§Tuesday, Wednesday or Thursday only £45.00*/£49.00 per day

§Friday only (includes lunch) £49.00*/£53.00

Please note:

- Asterisked(*) fees are for members of Bath Iyengar Yoga Centre only.
- Priority will be given to those booking for the whole intensive. Subject to availability single day places available from 16 November.
- You must advise us of any medical conditions or injuries before booking (or before the class if they occur after booking).
- Sorry, booking fees are non-refundable.



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Booking Form

To book your place complete this section, keeping other portion for reference, & return with payment to:

Bath Iyengar Yoga Centre
3 The Foundry
Beehive Yard
Walcot Street
Bath
BA1 5BT

I would like to attend the New Year 2011 Intensive Monday 3rd – Friday 7th January:

- | | | | |
|-----------------|------------------|--------------------------|------------------|
| Full course | £175.00*/£191.00 | <input type="checkbox"/> | |
| §Tuesday only | £45.00*/£49.00 | <input type="checkbox"/> | Subject to |
| §Wednesday only | £45.00*/£49.00 | <input type="checkbox"/> | availability |
| §Thursday only | £45.00*/£49.00 | <input type="checkbox"/> | from 16 November |
| §Friday only | £45.00*/£49.00 | <input type="checkbox"/> | |

Bath IYC Annual Membership £30.00/£24.00 (conc)
1st April 2010 – 31st March 2011 (Optional)

(If joining part way through the membership year you pay a *pro rata* payment of £2.50/month for remaining months to April)

TOTAL £ _____

Cheques payable to 'Bath Iyengar Yoga Centre'

Name _____

Phone _____ e-mail _____

Tick for: confirmation tions eceipt

& ENCLOSE AN SAE UNLESS E-MAIL CAN BE USED

Would you like to be on our mailing list?