



## Iyengar Yoga Workshop

with

# Kirsten Agar Ward

**Saturday 5th October 2024**

**Barcombe Village Hall**

**Barcombe Mills Road, Barcombe, East Sussex**

**BN8 5BH**

12:00pm - 2:45pm - Yoga Session

2:45pm - 3:15pm - Break

3:15pm - 4:30pm - Yoga Session

4:30pm - 5:00pm - Tea and Q&A

We invite you to join us for our next IYS Yoga workshop in Barcombe. Our guest teacher for this autumn workshop will be Kirsten Agar Ward, Senior Iyengar Yoga teacher now living in North Yorkshire. Kirsten endeavours to share the teachings of BKS Iyengar and his family. Her aim is to teach the deeper meaning of yoga. She is also interested in Indian philosophy and mantra. Kirsten has studied at the Ramamani Iyengar Memorial Yoga Institute in Pune, India, numerous times. Kirsten's professional background is in psychology; she gained her honours degree in Experimental Psychology from Oxford University in 1987.

**Barcombe Village Hall:** Hot drinks and fruit will be available. Please bring own yoga mat and a set of basic props to this event. There is a large parking lot with free parking at this hall.

**£32 IYS members / £42 guest participants / £50 to join IYS and attend as a member**

*Early Booking is recommended to ensure you get your place.*

## How to Book

1. Email Cathy the IYS Events Secretary at [cathyrogersevans@gmail.com](mailto:cathyrogersevans@gmail.com) with your full name and contact details.
2. Make a bank transfer for the total amount of your booking and use "KIRSTEN" as a reference.  
**Co-operative Bank Details:** Account Name: Iyengar Yoga Sussex Sort code: 08 92 99 Account no: 65675373
3. You will receive your confirmation of your booking by email from Cathy.
4. If you have any questions or wish to pay by cheque contact Cathy Rogers Evans Tel. 01903 762850.  
Make cheque payable to: **IYS** and post it to Cathy Rogers Evans, 48 Grover Ave., Lancing, West Sussex, BN15 9RQ

Cancellations policy: Refunds given in full if cancellation is received 10 days prior to the date of the workshop.

If you wish to join IYS contact Randall Evans, IYS Membership Secretary or if you have a question about membership: [randallevans1@gmail.com](mailto:randallevans1@gmail.com). If you are experiencing financial hardship please write to: Brian Ingram, 51 Meadow Lane, Burgess Hill, RH15 9HZ with details.

Your Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

IYS Membership Status: IYS Member  Guest Participant  IYS Membership (1 year) and Workshop

Bank Transfer amount: \_\_\_\_\_ Sending a cheque in the post. \_\_\_\_\_

For info on other IYS events visit: [www.iyengaryogasussex.org.uk](http://www.iyengaryogasussex.org.uk)