



Reflect, Renew, Energize

Saturday 26th February 2022

Malling Community Centre, Hereward Way,
Lewes, East Sussex BN7 2HQ

11:30pm - 1:30pm - Asana class

1:30pm - 2:30pm - Lunch Break

2:30pm - 3:00pm - Q&A/Group Discussion

3:00pm - 4:30pm - Asana & Pranayama Class

£28 IYS members/ £35 guest participants. Early Booking is recommended.



Join us for this first in-person IYS Yoga workshop of 2022 in Lewes. **Cathy Rogers Evans** and **Helen Ayling** are both very experienced Iyengar Yoga teachers in Sussex and are long standing members of IYS.



Malling Community Centre is a spacious and recently refurbished venue in Lewes. It has views overlooking Malling Park and is a very pleasant place for yoga. Bring your own light lunch and a set of basic yoga props to this event. Hot drinks will be available.

How to Book

1. Email Cathy the IYS Events Secretary at cathyrogers-evans@gmail.com with your full name and contact details.
2. Make a bank transfer for the total amount of your booking. As a reference please be sure to include your surname and first initial. **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.

Bank transfer is preferable but if paying by cheque, make it **payable to: IYS**. Send your cheque and completed booking slip below to Cathy Rogers Evans, 48 Grover Ave., Lancing, West Sussex, BN15 9RQ

Cancellations policy: Refunds given in full if cancellation is received 5 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. 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

Bank Transfer amount: _____ Sending a cheque in the post. _____