



## Iyengar Yoga Workshop

*with guest teacher*

# Khaled Kendsi

**Saturday 10th February, 2024**

St. Marys Church Hall

12 Compton Ave., Goring-by-Sea

Worthing, West Sussex BN12 4UJ

2:00pm - 5:00pm

**£28 IYS members/ £36 guest participants.**

*Early Booking is recommended.*

*Please bring your own basic yoga props and mat to this event.*



IYS is delighted to welcome Khaled Kendsi from North London to teach our next workshop in Goring-by-Sea, West Sussex. Khaled works in the NHS as a cardiac physiologist and is qualified in Immediate Life Support. Khaled teaches regular classes at Iyengar Yoga Maida Vale (IYMV) in London where he has been practicing and studying Iyengar yoga since 1998. On his several visits to RIMYI in Pune India he has assisted in the medical classes. Khaled has an interest in Yoga therapy and has studied with Stephanie Quirk.

## 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 indicating if you are a member or guest of IYS and your payment amount.
2. Make a bank transfer for the total amount of your booking. As a reference please use "Khaled" when you make your transfer. **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.** Send 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](mailto:randallevans1@gmail.com). If you are experiencing financial hardship please write to: Brian Ingram, 51 Meadow Lane, Burgess Hill, RH15 9HZ with details.

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