

# YOGA with Kirsten Agar Ward

Millburn Academy

Diriebught Road, Inverness IV2 3QR

Saturday 20<sup>th</sup> October 2018

10.30am – 4 pm

£40



Kirsten's professional background is psychology – she gained her honors degree in Experimental Psychology from Oxford University in 1987 and had a successful career as a Chartered Educational Psychologist. She took up yoga after leaving university in 1988 and soon realised that it offered a more complete analysis of the human condition than Western Psychology. Since then she has practised Iyengar Yoga continuously and has taught full time since 2000

Her initial Iyengar Yoga teacher training was in Manchester, UK, qualifying in 1997. She studied for her Junior and Senior certificates in London and Bath. She travels annually to Pune, India to study with the Iyengars. She is qualified to Senior Level 3, is an approved teacher trainer and assessor of teachers for the IYA (UK) and is invited to teach all over the UK and internationally including Sweden and Bermuda. She and her husband, Richard, run the Bath Iyengar Yoga Centre.

**This is a workshop suitable for those with a minimum of 2 year's regular attendance at classes.**

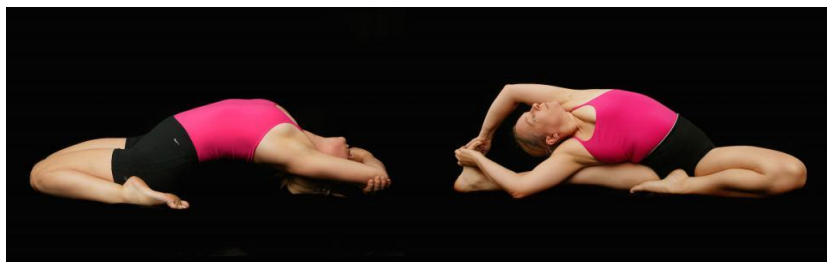
Some equipment will be available but please bring your own where possible (4 blocks, 2 wooden or foam bricks, 1 belt, yoga mat and blanket). Bring a light lunch.

This is Kirsten's first teaching visit to Inverness and we anticipate it being very popular **so early booking is advised**. If after booking you find you are unable to attend please let us know ASAP as we may be able to offer your place to another (from our waiting list).

Ways to book:

- By cheque - please fill in the slip overleaf and make your cheque payable to **Iyengar Yoga Inverness**; send both to Fiona Sarjeant at Belladrum Kennels, Belladrum, by Beauly, IV4 7HP or hand it to her, Donna Youngson or Fiona Garner at class. Alternatively....
- By bank transfer – make a payment to Iyengar Yoga Inverness **Sort Code 802260 Account number 17603267**. Please put **Kirsten2018** in the narrative for your payment and email to let us know to expect your booking also covering the details in the slip overleaf

For further information contact us on 07761628949 or [info@yogainverness.co.uk](mailto:info@yogainverness.co.uk)



## Iyengar Yoga with Kirsten Agar Ward 20<sup>th</sup> October 2018

I enclose a cheque for £40

NAME.....

PHONE.....

EMAIL.....

Please indicate if you practise

Salamba Sirasana (head stand)

Salamba Sarvangasana (shoulder stand)

Please also indicate if you are happy to be contacted for the purpose of class/workshop notifications; by e-mail - Yes/No      SMS – Yes/No      Post – Yes/No

I extend this consent to notification and newsletters of future classes/workshops – Yes/No



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