

YOGA with Richard Agar Ward



Coigach Community Hall, Achiltibuie IV26 2YG

Sunday 14th October 2018, 10.30am – 4 pm

£40

Richard will need no introduction to those who have attended his workshops during previous visits to the north-west of Scotland. He has a wealth of experience gained over more than 40 years, and attends classes for a month each year with the Iyengars in Pune. He has played a leading role in the development of Iyengar Yoga in the UK and overseas. Richard and his wife Kirsten run the Bath Iyengar Yoga Centre, and you can read more about their background at <https://www.bath-iyengar-yoga.com/our-teachers/>. Richard teaches to the capability of his class attendees, and his insights into asanas will be of benefit whatever the level of your practice.

This workshop is appropriate for those with at least 2 years' experience of Iyengar Yoga

Some equipment will be available but please bring your own where possible (4/5 blocks, 2 wooden or foam bricks, 1 belt, yoga mat and blanket).

There will be a break of approximately 90 minutes mid-way through the class, so bring a light lunch with you – the usual kitchen facilities expected at a village hall will be available if you need them. Details of the venue at: <http://www.spanglefish.com/coigachcommunityhall/>.

Ways to pay and book:

- By bank transfer/interner banking (preferred) – using the following details

Account Name: Martin Hall

Sort Code: 20-69-34

Account number: 40811246

Reference: Richard Yoga

Please let me know you have paid by bank transfer by sending an e-mail to me at martinhall@gorrell.co.uk, including details as per the booking slip below.

- By cheque - please fill in the slip below and send it to Martin Hall, 199 Clashmore, Lochinver IV27 4JQ, enclosing your cheque for £40 payable to Martin Hall.
- By cash – payable to me in person, accompanied by a completed booking slip.

For further information contact Martin Hall at martinhall@gorrell.co.uk (preferred) or on 0571 855 360. My [GDPR Statement](#) applies.

Booking slip for Iyengar Yoga with Richard Agar Ward 14th October 2018 in Achiltibuie

Name: Phone (optional).....

e-mail:

Payment of £40 by: Bank transfer/cheque (enclosed)/cash (delete as appropriate)