



IYENGAR YOGA CLASSES with Jawahar Bangera

September 16, 17 and 18, 2010

Jawahar Bangera is one of BKS Iyengar's senior teachers. He has been studying yoga under Gururji's guidance for more than 30 years and has accompanied him on many of his workshops around the world.

Jawahar runs two centres in Mumbai, travels the world giving workshops, and is a trustee of the Light On Yoga Research Trust.

His instructions are simple, clear and firm, modest and assured as he gently guides us beyond our perceived limitations.

Iyengar Yoga emphasizes alignment while developing strength, stamina, flexibility and balance of body and mind.

Please note: for these classes you should have a basic understanding of the Iyengar Yoga method.



Thursday, September 16	10:00 – 12:00
Friday, September 17	10:00 – 12:00
Saturday, September 18	17:00 – 19:00

Venue

Iyengar Yoga Singapore
1 North Bridge Road
#07-01 High Street Centre
Singapore 179094

MRT Clarke Quay & City Hall
Parking High Street Centre

REGISTER EARLY – LIMITED SPACE AVAILABLE – ALL WELCOME

FEES

SGD 220

LAST NAME

FIRST NAME

Prepayment and pre-registration required
Please mail this form with a cheque payable to
Iyengar Yoga Singapore Sandrine Laborde
Or alternatively pay in cash at the centre

ADDRESS

PHONE

IYENGAR YOGA SINGAPORE

Sandrine Laborde

1 North Bridge Road
07-01 High Street Centre
Singapore 179094

EMAIL

YOGA EXPERIENCE
(how long)

For more information: 9161 6434

www.iyengaryoga.sg

HEALTH ISSUES



General policies regarding the registration

1. In order to register for the classes, you must pay in advance. No spaces will be held without prior payment. We accept cash and cheques.
2. Priority will be given to students attending all three classes. Students wishing to attend only one or two classes can register and send a cheque of SGD 80 per class. Their names will be put on a waiting list and they will be informed of their participation by September 9th. Cheques will be returned if one-class participation is not approved.
3. There will be no refunds given after September 9th. For those cancelling on or before September 9th, you can either get a 50% refund or a credit for classes at Iyengar Yoga Singapore. No shows forfeit their registration fees.
4. You will receive a confirmation of your participation by email.
5. Be respectful of your Teacher and fellow students. Please come on time.

In addition to the classes at Iyengar Yoga Singapore,
Jawahar will be teaching at Yoga The Iyengar Way.

For more information, check
www.yogatheiyengarway.com

