

**BOOKING FORM: Iyengar Yoga Retreat**

**Holy Isle. Arran**

**22-25 May 2020**

Name.....

Address.....

Email.....

Phone .....

How long you have practiced?

Who is your teacher?.....

Is there any health condition/injury of which Julie should be aware?

.....  
Please state which type of accommodation you'd prefer (and room mate where applicable) and we will do our best to accommodate you.

Sign and date

.....  
To book your place please pay the course fee of £150 by cash or post cheque to:

Julie Anderson 2 Tay Terrace, Newport-on-Tay, Fife DD6 8AZ

**OR BACS:**

Julie Anderson-Iyengar Yoga

Branch 80-22-60

Account No. 06261389

**Reference HI 2020**

**For this retreat it is essential to bring a mat and 4 blocks, 2 bricks, 2 belts and a cotton yoga blanket.**



Love your yoga?

Come join us on The Holy Isle:)  
Practice yoga in a wild setting, in fact several yogis went open swimming in 2019!

Be part of The Centre for World Peace and Health.

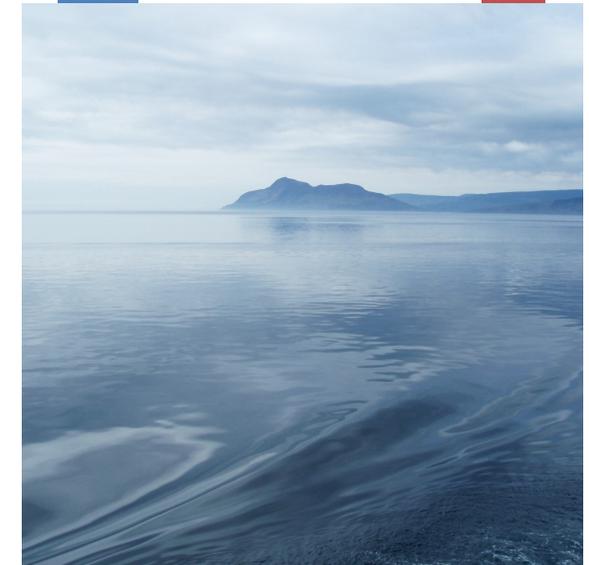
Any questions get in touch with Julie  
email: [iyogajulie@gmail.com](mailto:iyogajulie@gmail.com)  
phone: 01382 543431



**YOGAONTAY**

**Iyengar Yoga  
Retreat  
Holy Isle, Arran  
22-25 May 2020**

with  
**Julie Anderson**



[www.yogaontay.com](http://www.yogaontay.com)

## Iyengar Yoga Retreat

In exploring connections of asana and pranayama with yogic philosophy, this retreat will offer active poses through to restorative yoga and pranayama. Yoga, good vegetarian food and peace can offer a renewed sense of wellbeing for you to take away.

### Proposed programme:

**Friday:** first gathering at 5.30 with supper at 6pm followed by gentle yoga at 7.30pm

**Saturday** 7-8am pranayama, 10-12.00 asana, 4.30 – 6pm asana

**Sunday:** 10-12.00 asana, 4.30 – 6pm

**Monday:** 7-8am pranayama.

Breakfast is served at 8am, dinner at 12.30 and supper at 6pm.

The weekend is open to anyone who has a regular **Iyengar** practice (min. 1 year).



## Julie Anderson



Julie began practising yoga as a teenager, teaching in Edinburgh and The Borders since 1996 and more recently in Fife and Tayside. She is committed to promoting yoga as taught by renowned yoga master B.K.S. Iyengar of the Ramamani

Iyengar Memorial Institute, Pune, India where she has studied many times. Julie is an invited guest tutor over the UK and abroad, as well as taking PD for Yoga Scotland and the British Wheel. Qualified as an assessor and a Teacher Trainer with IY(UK) Julie is a popular Senior teacher with much to offer, her retreats have been sell-outs for many years.

For this retreat it is essential to bring a mat and 4 blocks, 2 bricks, 2 belts and a cotton yoga blanket.

## Cost

**Course fee** is £150 and payable now to confirm your booking. Refunds (subject to a £25 admin fee), will be available up to 2 weeks before and only if a replacement can be found.

**Accommodation** is paid on arrival, current rates for the retreat (full board): £165 single room, £120 per person sharing a twin and for a £96 dorm. There are a limited number of single and twin rooms available so early booking is advised. Ferries are not included.

## Holy Isle, Arran

Due to tides on the Friday we will need to get either the 1230 or 1350 sailings from Ardrossan. You will be welcome to arrive earlier should you wish. Similarly departure time from Holy Isle will not be before 11 on the Monday this makes connection with the 1230 ferry from Brodick as the earliest crossing.

Holy Isle is a very special place in the Firth of Clyde, perfect to step away into a rhythm of yoga, nature and mindfulness. Our course allows plenty free time to relax or explore as you prefer, you are also welcome to join the daily meditation schedule of the resident community. To learn more about the vision for Holy Isle, which is cared for by Lama Yeshe of Samye ling, and familiarise yourself with The five Golden rules for staying at The Holy Isle visit [www.holyisle.org](http://www.holyisle.org)

