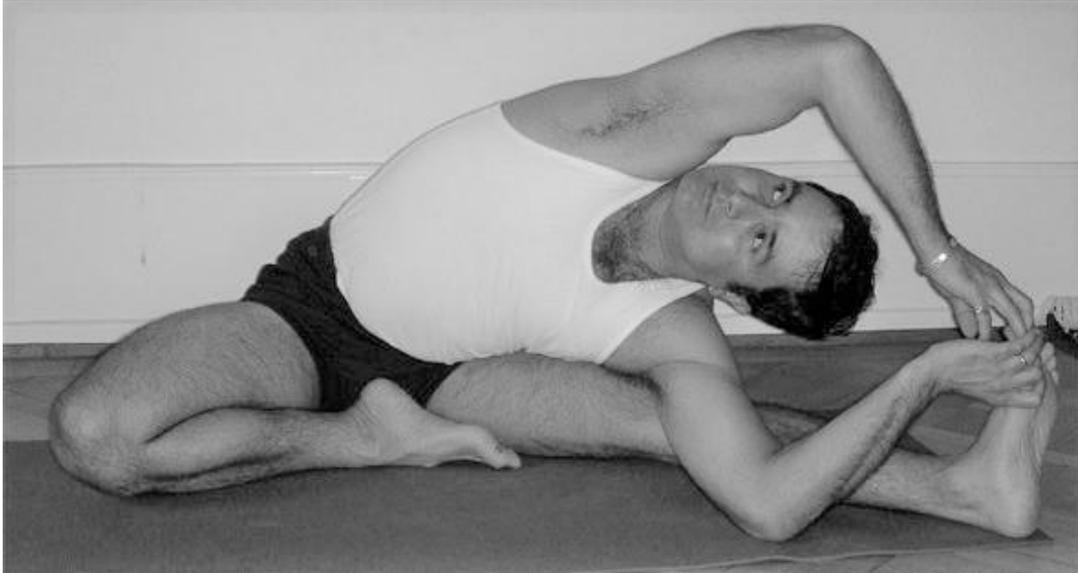


IYENGAR YOGA

with

ALI DASHTI



21st -23rd February 2020

We are delighted that Ali Dashti, one of the most Senior Iyengar Yoga teachers from Pune, is again returning as a guest teacher to Scotland and we are very fortunate to be able to share and learn Iyengar Yoga in its most authentic way with Ali. These workshops are for students of Iyengar Yoga only and you will be taught how to practice with and without props and have fun too. You will learn about sequencing in order to progress your practice towards more advanced asanas and pranayamas. Sunday will be for Trainee teachers, Teachers and experienced Intermediate students.

Ali and his wife Kate have their own yoga school in Bern, Switzerland and have published their own books: "Yoga Sādhana", "The Art of Sequencing Āsanas and Prānāyāmas" and "Yoga my Love".

Ali can also be seen in BKS Iyengar's books including "Yoga the Path to Holistic Health", "Understanding yoga through Body Knowledge" and Geeta's "Preliminary Course". He teaches for The Iyengars in China as well as regular workshops within Europe.



FEBRUARY WORKSHOP PROGRAMME

Friday and Saturday-Fife, Sunday-Linlithgow

FRIDAY 21st: PRANAYAMA 6-8pm (min.2 year Iyengar experience) £25

Yoga on Tay, 24 High Street, Newport-on-Tay, Fife DD6 8AD

Equipment is provided.

SATURDAY 22nd: GENERAL WORKSHOP 10am-4pm (min.1 year Iyengar experience) £55

The Rio, St Mary's Lane, Newport-on-Tay, Fife DD6 8AH

Please bring a mat, 4 blocks, 2 bricks, 2 belts and a blanket.

SUNDAY 23rd: TEACHERS/INTERMEDIATE WORKSHOP 10am-2pm

(min.3 years Iyengar experience at intermediate) £55

Linlithgow Burgh Halls, The Cross, Linlithgow, EH49 7AH

Chosen for its central location in Scotland to encourage as many teachers as possible to attend. Please bring a mat, 4 blocks, 2 bricks, 2 belts and a blanket.

Early bird Bookings will be available till the end of 31st of December 2019:

Whole weekend £120, Saturday £50 & Sunday £50

BOOKING

Contact Julie iyogajulie@gmail.com to check availability, prompt payment then secures your booking. Julie will confirm your place once this has been received.

- 'Julie Anderson-Iyengar' Yoga, 2 Tay Terrace, Newport-on-Tay, Fife DD6 8AZ
- BACS Branch 80-22-60 Account No. 06261389 please apply **REF: AD 2020**

ACCOMODATION in FIFE

There is plenty of accommodation in the Newport-on-Tay area to suit most pockets. We suggest you start here: <https://lillianmaybnb.com/> and <https://www.airbnb.co.uk/users/show/17105330>
If you are on a budget it will be possible to sleep over at the Yoga-on-Tay studio for £8 per person per night. Just bring your sleeping bag and thermarest; loos, kettle and teas will be provided. Just let Julie know if you would like to stay at Yoga-on-Tay.

Workshop cancellation policy: should you be unable to attend, refunds (subject to a 20% admin fee) will be available up to 2 weeks before and only if a replacement can be found for your place.

