

# Intermediate Workshop

A series of short workshops aimed at those who have done at least 2 years Iyengar Yoga and can hold a stable headstand.

We will be working more deeply in familiar asanas and working on the Intermediate asanas.

***Pre-booking essential  
as numbers limited***

**Sunday  
6pm - 8pm**

**1 June  
22 June  
13 July  
3 August**

Members £5  
Non-Members £8



Jill is IYENGAR®  
yoga qualified

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*Please call or email for further information*