



NATIONALIYENGAR® YOGA DAY

free yoga events in the UK & Ireland

#nationaliyengaryogaday

SATURDAY 19 JANUARY 2019

Please join us for a celebration of the life of BKS Iyengar and participate in a LED PRACTICE with teachers Fiona Garner, Fiona Sarjeant & Donna Youngson from 11:30am to 1:30pm at Milburn Academy, Diriebught Road, IV2 3QR.

The event is FREE; donations may be made on the day towards Mr Iyengar's charity the [Bellur Trust](#).

This event is open to all those who have been regularly attending weekly classes for at least three months or more. Some adaptations to the more difficult poses will be offered.

Please bring your own mat, blanket and equipment, some blocks etc will be available on the day to borrow.

Register your place by emailing us with your name, contact details and how long you have been practising to info@yogainverness.co.uk, or IM via Facebook or twitter to @Yogainverness.

We will organise some light refreshments for the end of the session so please stay and share some tea and cake!