



SUNDAY 3RD MARCH 2019

YOGA WORKSHOP with FIONA SARJEANT

Come join this annual workshop at the Tufty Top studio at Anam Cara retreat centre, overlooking Inverness. The day will focus on deepening your asana practice including work on inverted postures. This particular workshop is not suitable for beginners and **those booking a space must have attended regular Yoga classes for at least one year**. Places are limited so early booking is advisable.

Fiona has been teaching for over twenty years. She is a Junior Intermediate Level 3 qualified Iyengar teacher and runs popular classes in and around Inverness. She regularly studies with senior Iyengar teachers from the UK and overseas.



The Iyengar Yoga Certification Mark is a guarantee of excellence, clarity and depth of understanding.

10AM TO 4PM
£40

ANAM CARA

18 Upper Leachkin
Inverness IV3 8PN

Please bring a light lunch
and your own mat and
blocks, blanket etc

You can book by bank
transfer (email for
details) or by sending a
cheque with a note of
your contact details to
the address below.

Any queries?
Email/call/IM for further
information.

FIONA SARJEANT

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