



# IYENGAR YOGA CENTER MANILA

21st Flr LKG Tower, 6801 Ayala Avenue, Makati City

GREETINGS EVERYONE!

This coming September, we will be welcoming back Jawahar Bangera, Iyengar Yoga Senior Teacher to the studio. Yoga workshops for beginners, basic and advanced practitioners will be held from **September 14-20**. Please see schedule below.



## Jawahar Bangera

Jawahar Bangera is a senior teacher based in Mumbai, and has been a student of BKS Iyengar since 1969 – and is “still a student,” he says.

Jawahar has been teaching yoga for almost three decades, and travels regularly all over the world to teach and hold workshops. He graced the IYCM studio four years ago, and it is with great pleasure that we welcome him back to teach once again.

WORKSHOP DETAILS	Timetable	Rates
<p>September 14 • 15 • 16 Mon • Tue • Wed</p> <p>STANDARD BASIC CLASS: (3-DAY WORKSHOP) For students at all levels of experience -- beginners, students new to yoga or the Iyengar method and regular practitioners.</p>	<p>9:30am ..... Studio open</p> <p>10:00-12:30pm ..... Session I (2.5hrs)</p> <p>12:30-2:00pm ... Lunch Break</p> <p>2:00-4:30pm ..... Session II (2.5hrs)</p>	<p>Per Session: 1,500</p> <p>Per Day: 3,000</p> <p>3-day Workshop: 8,000</p> <p>4-day Workshop: 10,500</p> <p>For ALL 7 days: 18,000</p>
<p>September 17 • 18 • 19 • 20 Thu • Fri • Sat • Sun</p> <p>INTERMEDIATE CLASS: (4-DAY WORKSHOP) For more advanced practitioners with prior exposure to Iyengar Yoga – Can come up to Independent Salamba Sarvangasana (Shoulderstand) &amp; Supported/Independent Salamba Sirsasana (Headstand)</p>		

A practitioner may opt to attend all or just one of the workshops. In light of the limited capacity of the studio, please make your reservations as soon as possible. Reservations will be honored on a first come first served basis.

If you would like to attend, please:

- A. Please print out and complete the Registration Form attached. Fill-in ALL spaces please.
- B. Send Registration Form and Workshop Payment (details in Reg Form)
- C. Once you have registered and are fully paid, we will send you an acknowledgement through e-mail, along with further details relating to the workshop.

Please call 753-4495 or (0917) 535-9711 for any questions or clarifications.



# IYENGAR YOGA CENTER MANILA

"IYCM – September Workshop"  
Send to Fax No: 884-1173 or  
Scan & E-mail to: info@iyengaryogamanila.com

## REGISTRATION FORM

Jawahar Bangera September 2009 Workshop  
21/F LKG Tower, 6801 Ayala Ave. Makati City

Name: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Contact no: \_\_\_\_\_

Yoga Experience  None, Beginner

Iyengar Yoga - How long have you been practicing?

Other (pls specify), How long have you been practicing?

Medical History: Please indicate if you have any medical condition (high blood pressure, vertigo, scoliosis, etc and previous/current injuries)

### Attending the following session/s:

STANDARD BASIC CLASS: (3-DAY WORKSHOP)	Session I (10 – 12:30pm)	Session II (2-4:30pm)
Sep 14 (Mon)	<input type="checkbox"/>	<input type="checkbox"/>
Sep 15 (Tue)	<input type="checkbox"/>	<input type="checkbox"/>
Sep 16 (Wed)	<input type="checkbox"/>	<input type="checkbox"/>
INTERMEDIATE CLASS: (4-DAY WORKSHOP)		
Sep 17 (Thu)	<input type="checkbox"/>	<input type="checkbox"/>
Sep 18 (Fri)	<input type="checkbox"/>	<input type="checkbox"/>
Sep 19 (Sat)	<input type="checkbox"/>	<input type="checkbox"/>
Sep 20 (Sun)	<input type="checkbox"/>	<input type="checkbox"/>

### Payment will be through:

- Direct Deposit into IYCM Account: PhP \_\_\_\_\_
- Direct Payment at IYCM Studio : Cash amount PhP \_\_\_\_\_  
: Check amount PhP \_\_\_\_\_
- Partial payment - Reservation fee: 50% downpayment
- Full payment

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

### Relevant Information:

Payments may be made in cash or check. Checks are payable to Marina P Ortiz. For deposit payments, IYCM account is Unionbank C/A # 00-001-008928-7.

Studio requires full payment by Sept 4, 2009. If balance of payment is not received by then, reservation is considered cancelled and slot will be offered to other interested participants. There will be NO refund for the initial deposit.

For Cancellations: Before August 31 2009, an admin fee of P500 will be retained. From September 1, 2009 onwards 50% of the workshop fee will be retained. After the workshop date no refunds will be given.

Deposit Slip Here