



Body Symphonies



Trust Creates peace

IYENGAR YOGA WEEKEND in EDINBURGH

with

David Meloni

Friday 29th November, Saturday 30th November and Sunday 1st December 2019

David started to practice IYENGAR® Yoga in 1996.

In 1996 he began practicing IYENGAR® Yoga.

Since 2003 he returns regularly to Pune India, to study at the Ramamani Iyengar Memorial Yoga Institute; he studied with Guruji B.K.S. Iyengar (until 2014 when Guruji passed away) and studied and studies with his children Geetaji and Prashantji.

In 2013 B.K.S. Iyengar conferred upon him the "Advanced Junior level II" certificate.

In 2015 Geeta S. Iyengar conferred upon him the "Advanced Senior level I" certificate.

In January 2018 He have been awarded by Geetaji of the maximum level certificate in the Iyengar Yoga "Advanced Senior level II", He is the only one in the world to have obtained it.

David Meloni is the director of the IYENGAR® YOGA Rahasya Center - Florence - Italy, where he currently teaches.

He leads teacher training programs and conducts seminars throughout Europe, Asia, U.S.A., South America. This will be David's third visit to Edinburgh and he has also taught in Glasgow **and the students** have loved his teaching. His style is precise, carefully and beautifully sequenced, strong but safe, warm and caring. He is a great teacher.

Venue: Yoga Now. 4th Floor, St Margaret's House, 151 London Road, Edinburgh EH7 **Cost:** £140 for the whole week end £60 per day; £30 individual classes. Priority given to those booking the full-week-end, then full days. **Class times:** 18:00-20:00 Friday 09:00-12:00 and 15:00-18:00 Saturday and Sunday. **Level:** 2+ years experience. **Equipment:** The studio has all necessary equipment.

If you have equipment you can bring let me know, as the event will be full and the more of you can bring their own kit, the more it will help our organizational efforts. ☺

Please e-mail if you need advice on which areas for accommodation etc. The area has a Morrisons very close by, and cafes. There is a kitchen area in the building where you can also make yourself cups of tea and make your own sandwiches etc.

Payment: Please make cheques payable to Annamaria Sacco and send them to:

Yoga Stable, 3a Montgomery Street Lane, Edinburgh EH7 5JT or pay by Bacs: Annamaria Sacco, RBS, sort code 835100, account number: 10435683 REF DM19EDIYOURSURNAME

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