



Body Symphonies



Trust Creates peace

IYENGAR YOGA WEEKEND in FINDHORN

with

David Meloni

Saturday 21st March and Sunday 22nd March 2020

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. David has been coming to **Edinburgh** three times and 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: FINDHORN, The Universal Hall, The Park, Forres, Scotland IV36 3TZ

Cost: £120 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:** 09:30-12:30 and 14:30-17:30 Saturday and Sunday

Level: 2+ years experience. **Equipment:** please bring : YOUR MATT 4 BLOCKS 2 BRICKS 2 BELTS 3 BLANKETS AND/OR BOLSTER CHAIR IF YOU HAVE ONE.

If you need equipment let me know. Between myself and some colleagues up North we will do our best to help 😊

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

YogaStable, 3a Montgomery Street Lane, Edinburgh EH7 5JT or pay by Bacs: Annamaria Sacco, RBS, sort code 835100, account number: 10435683 REF DM20FINYOURSURNAME

REGISTRATION FORM (PLEASE USE CAPITAL PRINT TO WRITE YOUR DETAILS)

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WE SHOULD KNOW ABOUT _____

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