

**Booking form - Two workshops with Mira Mehta 2012**  
**please send to 17 Tilmore Road, Petersfield Hampshire GU32 2HJ**

Name

Address

Telephone and mobile

Email

I enclose (tick appropriate boxes)

	Both workshops deposit	Both Workshops balance by postdated cheque <b>23 Feb 2012</b>	TOTAL
Non members	£40	£60	
Members	£40	£55	
Single Workshop	10 March 2012	balance by postdated cheque <b>23 Feb 2012</b>	
Non members	£20	£35	
Members	£20	£29.50	
Single Workshop	13 October 2012	balance by postdated cheque <b>28 Sept 2012</b>	
Non members	£20	£35	
Members	£20	£29.50	

Members must quote a valid IYT membership number to claim the members price. IYT number .....

If you would like to join the Inner Yoga Trust please contact the office on 01730 261001

Note - If you join now you will get the discount on this event.

Data Protection: We will add the details above to our database to record your booking and payment. We will not pass your information on to any third parties. We will occasionally send you information about our work and events. Please tick here if you do not wish us to contact you



## Mira Mehta

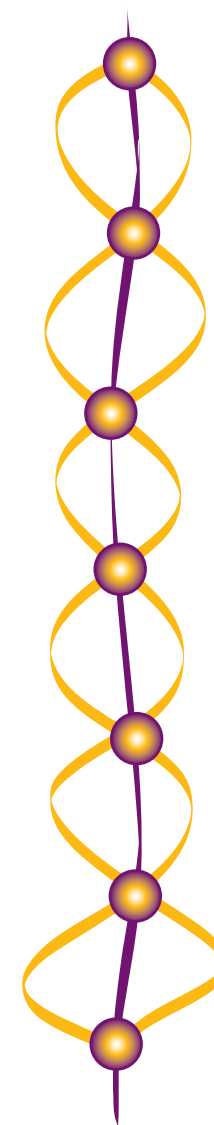
**10 March 2012**

*Goals and False Goals*

**13 October 2012**

*Yoga Beyond Asana*

**Elsted Village Hall, Elsted GU29 0JY**



telephone 01730 261001 or visit [www.inneryoga.org.uk](http://www.inneryoga.org.uk)

The Inner Yoga Trust, 17 Tilmore Road, Petersfield, Hampshire, GU32 2HJ registered charity no1068211





Dhanvantari is an avatar of Vishnu from the Hindu tradition. He appears in the Vedas and Puranas as the physician of the gods (devas), and the god of Ayurvedic medicine.

## Mira Mehta

Mira Mehta has practised Yoga since childhood with BKS Iyengar. She has a Masters degree in Classical Indian Religion and Sanskrit from Oxford and pursued postgraduate studies of Yoga texts with Professor KS Arjunwadkar. She also has a Diploma in Basic Ayurveda. She holds an Advanced Yoga Teaching Certificate from BKS Iyengar.

Mira began teaching at a young age and is known as a leading expert on Yoga with a rounded proficiency in philosophy, postures, Yoga therapy and teacher training. She has also taught extensively abroad. She founded The Yogic Path in 1999. She is the author of four books on Yoga, all published in many languages: Yoga: the Iyengar Way (with Silva Mehta & Shyam Mehta); How to Use Yoga; Health through Yoga; and Yoga Explained (with KS Arjunwadkar). She has also written a poetry collection, Cascade of Stars and gives workshops on poetics.

Mira and her brother, Shyam, were featured in 1999 on Government of India stamps commemorating yoga. Mira was listed in The Best of British Women 1993 for work in the field of alternative health.

## Date, Time, Venue Tuition Fees

---

Saturday 10 March and Saturday 13 October 2012, Elsted Village Hall, Rogate, GU29 0JY

Class times:

Saturday 10am - 4.00 pm

Both Workshops £95 IYT members / £100 non members

Single Workshop £49.50 IYT members / £55 non members

payable by a deposit of £20 for one day or £40 for two with the balance payment to be paid two weeks before the workshop by postdated cheque sent at the time of booking or telephone booking with card payment.

### Cancellations

If you have paid in full and cancel two weeks before the event you will be refunded minus an administration fee equivalent to the deposit mentioned above. After this date refunds can only be made in exceptional circumstances such as personal bereavement or serious ill health, or if you can fill the place you had reserved. Such refunds will be subject to the administration fee outlined above.

## Saturday 10 March 2012 - Goals and False Goals

## Saturday 13 October 2012 - Yoga Beyond Asana

These workshops are geared towards developing knowledge about Yoga through understanding the underlying philosophy and practical principles. Each will explore a separate theme and different types of asanas, integrating practice with theory from various Yoga-related texts (Yoga sutras, Hatha Yoga texts, Ayurveda). Participants will be encouraged to ask questions so that the sessions are directly relevant to the group. Individual issues and difficulties will be addressed.

### Programme

#### Saturday

10am - 1pm: Practical Session

Yoga Practice

1pm - 2pm: Lunch - please bring food to share

2pm - 4pm: Theory Session