



Angela and Victor are world-renowned Yoga teachers, having influenced many of the leading Yoga teachers in the West today. They inspire students to reflect inward and reconnect with deep springs of wisdom, energy and creativity that lie within. They invite students to go beyond prescribed techniques of structural movement to allow the creative and intuitive spirit to emerge. Their classes are an oasis for those seeking a more internal and meditative approach and offer a wealth of poetic imagery, playful exploration and creative movement... all geared to help students find their way back to their own inner substance, guidance and wisdom.

Angela and Victor began teaching together more than 20 years ago and have been travelling around the world to share with students their understanding of the physical and energetic interplay in yoga. Their approach is more somatics-based than much of what is found in traditional yoga teaching; instead of teaching poses to the body, disciplining the body with external commands, they help get the bodies of their students to become fully alive in order to let their bodies seek out the poses in a way that helps them unleash their own energy and move through what may be blocking them. While their teaching style is accessible and seemingly formless, they remain devoted to all the tenets of the practice of yoga and emphasize body-mind-spirit involvement in asana.



untraining

30 march - 1 april 2012

10 am to 4.30 all days

victor

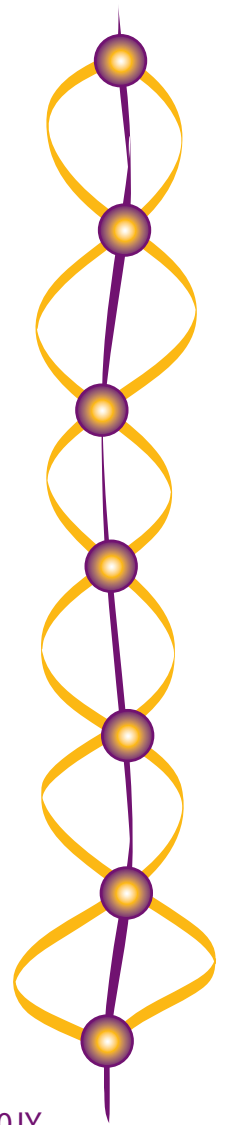
30 march at rogate village hall, GU31 5BH

angela

30 march at elsted village hall, west sussex GU29 0JY

victor and angela together

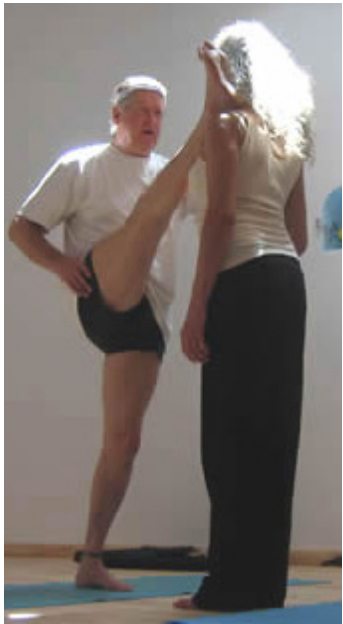
31 march/1 april at elsted village hall, west sussex GU29 0JY



telephone 01730 261001 or visit www.inneryoga.org.uk

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





Everything we teach is about helping people move inside and experience their Yoga in a way that gives them a deeper and warmer sense of themselves.

We always get inspired by whoever is in the class and what comes up and what their needs are. We are 'creative creatures' and never stick to plans and rules for long ... it kills the Spirit! Each class is absolutely unique and different from any other. New things come up. We invent and create and the group evolves. I think we are known for our agility and adaptability to the moment, using our back-pack of forty years experience, as and when needed.

Tuition fees

30 March 2012 - Victor £71.25 IYT members / £75 non members
Rogate Village Hall, GU31 5BH

30 March 2012 - Angela £71.25 IYT members / £75 non members
Elsted Village Hall, GU29 0JY

31 March/1 April 2012 - Angela and Victor together £142.50 IYT members / £150 non members
Elsted Village Hall, GU29 0JY

Class times: 10am - 4.30 pm
All three days with additional discount
Members £202.50 non members £213.75

Series Bookings Discounts

Book three days together and pay in full by Friday 27 January 2012 and members get a 10% discount, non members get 5%, Members £202.50/ non members £213.75 You can reserve your place at this price with a post dated cheque (27 Jan 2012).

All other bookings

You can send a deposit of £70 for the series or £40 for two days £20 for a single day, together with a post dated cheque (27 Jan 2012) for the balance.

Cancellations

Cancellations made by Thursday 1 March 2012 will be refunded minus the following administration fees : £70 for the series or £40 for two days £20 for a single day. After this date refunds will only be made if there are exceptional circumstances or you can find someone to fill the place you had reserved. Such refunds will also be subject to the administration fees outlined above.

Booking Form Victor and Angela - 30 March 1 April 2012

Please tick below for the bookings you want, calculate your fee and return the form with a cheque to:

17 Tilmore Road, Petersfield, GU32 2HJ

30 March 2012 - Victor £71.25 IYT members / £75 non-members
Rogate Village Hall, GU31 5BH Fri 30

30 March 2012 - Angela £71.25 IYT members / £75 non-members
Elsted Village Hall, GU29 0JY Fri 30

31 March/1 April 2012 - Angela and Victor together £142.50 IYT members / £150 non-members
Elsted Village Hall, GU29 0JY Both days

Early Bird Series booking, all three days together with full payment
Members £202.50 / non-members £213.75
Series booking by **Friday 27 Jan 2012**

I enclose a cheque payable to the 'Inner Yoga Trust' for £
Plus (where applicable) a postdated cheque for the balance of £
Members must quote a valid IYT membership number to claim the member's 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.

Name

Address

Telephone

Email

Send an SAE if you want a receipt