



# Workshop with Jawahar Bangera

*The Association is proud to host Jawahar Bangera as a  
 visiting teacher in October 2010*

Jawahar Bangera is a senior teacher based in Mumbai and has been a student of BKS Iyengar since 1969. Jawahar has been teaching yoga for almost 3 decades and travels regularly all over the world to teach and hold workshops. Jawahar is a trustee of the Light on Yoga Research Trust. We are honoured to have Jawahar visit New Zealand.

**Auckland** 1-4 October  
 40 St Benedicts St,  
 Newton Gully  
 Contact: Wendy Norwood, PO Box 911140  
 Victoria St West, Auckland 1142  
 Ph/Txt 021 446 089  
 wendy@yogamoves.co.nz

**Wellington** 8-10 October  
 Te Whaea, Drama Room 2,  
 11 Hutchison Rd, Newtown  
 Contact: Tessa Meek, 5 Salisbury Garden  
 Crt, Wadestown, Wellington 6012  
 Ph 04 473 0722  
 tessameek@paradise.net.nz

**Christchurch** 15-17 October  
 Waimairi Primary School Hall,  
 Tillman Ave, Bryndwyr, Chch  
 Contact: Michelle Polglase, 107 Glandovey  
 Rd, Christchurch 8052  
 Ph/Txt 027 686 5146  
 mapolglase@hotmail.com

**FEES**  
 General Workshop \$210.00  
 Incl. Teachers Session \$320.00

**GENERAL SESSIONS**  
 Fri 1 6.00pm - 8.30pm  
 Sat 2 9.00am - 12.00pm  
 12.30pm - 3.00pm  
 Sun 3 9.00am - 12.00pm

**TEACHERS SESSIONS**  
 Sun 3 12.30pm - 3.00pm  
 Mon 4 7.00am - 9.00am

**FEES**  
 General Workshop \$210.00  
 Incl. Teachers Session \$270.00

**GENERAL SESSIONS**  
 Fri 8 6.00pm - 8.30pm  
 Sat 9 9.00am - 12.00pm  
 12.30pm - 3.00pm  
 Sun 10 9.00am - 12.00pm

**TEACHERS SESSION**  
 Sun 10 12.30pm - 3.00pm

**FEES**  
 General Workshop \$210.00  
 Incl. Teachers Session \$270.00

**GENERAL SESSIONS**  
 Fri 15 6.00pm - 8.30pm  
 Sat 16 9.00am - 12.00pm  
 12.30pm - 3.00pm  
 Sun 17 9.00am - 12.00pm

**TEACHERS SESSION**  
 Sun 17 12.30pm - 3.00pm

**Notes:**

1. Students must be practising Salamba Sirsasana & Salamba Sarvangasana 2. No partial attendance  
 3. All attendees must be members of IYANZ 4. Attendance at General workshop is a pre-requisite for  
 Teachers workshop 5. Teachers workshop suitable for teachers & teacher trainees only  
**Bring:** Mat, 2 x straps, 2 x blocks, blankets for Salamba Sarvangasana

*This workshop is for experienced Iyengar Yoga practitioners. Please note that this is not appropriate  
 for Beginners. GUIDELINE: Students actively practicing Salamba Sirsasana and Salamba Sarvangasana.*

**ALL ATTENDEES MUST BE  
 MEMBERS OF IYANZ.  
 SUBSCRIPTIONS TO IYANZ -  
 \$35.00 PER ANNUM.**

## JAWAHAR BANGERA WORKSHOP

	Auckland	Wgtn	Chch
General Workshop only	\$210.00 <input type="checkbox"/>	\$210.00 <input type="checkbox"/>	\$210.00 <input type="checkbox"/>
Incl. Teachers Workshop	\$320.00 <input type="checkbox"/>	\$270.00 <input type="checkbox"/>	\$270.00 <input type="checkbox"/>

**TOTAL** \$ \_\_\_\_\_

Please enclose cheque made out to IYANZ and post to co-ordinator for the region you wish to attend workshop  
 in. (Make copies of this form if attending more than one workshop)

Cancellation in the 2 weeks prior to the workshop will incur a \$25.00 admin. fee.

Auckland Wendy Norwood, PO Box 911140, Victoria St West, Auckland 1142  
 Wellington Tessa Meek, 5 Salisbury Garden Crt, Wadestown, Wellington 6012  
 Christchurch Michelle Polglase, 107 Glandovey Rd, Christchurch 8052

Name:..... Phone: .....

Address:.....

Email:.....

## IYANZ MEMBERSHIP

Annual Membership \$35.00

Please enclose cheque made out to IYANZ and post to:  
 Treasurer, IYANZ, PO Box 849, Hamilton 3240

Name:.....

Phone: .....

Address: .....

Email: .....