

STITUTO IYENGAR YOGA FIRENZE

is glad to invite again

Garth McLean

29-31 MARCH 2019

IYENGAR YOGA WORKSHOP

HOW TO WORK WITH NEUROLOGICAL PROBLEMS

Teacher: Garth McLean is an Intermediate Senior I Iyengar Yoga teacher based in Los Angeles. Garth travels to share his personal experiences of the benefits of the practice of Iyengar Yoga for MS and related neurological conditions. Having faced personally physical restrictions Garth has a lot to share. He is a founding and current board member of the Iyengar Yoga Therapeutics group based in Los Angeles.

Website of Garth <http://yogarth.com>

Workshop: Open to the teachers and students with multiple sclerosis or other neurological issues.

Price: 280 euro (for the whole seminar), 200 euro for Saturday and Sunday (the price includes the membership of Csen)

Schedule:

Friday 10.00-12.30, 14.15-16.45

Saturday 10.00-13.00, 16.00-18.00

Sunday 8.30-11.30, 13.00-15.00

Location

Palasport via Lunga 126, Firenze, zona Isolotto

<https://goo.gl/maps/Cm3yfxtF6Vs>

Reservation: Number of the participants is limited so kindly book the workshop in advance.

In order to reserve a place you need to pay extra 10 euro for the membership of CSEN.. The reservation for the workshop will be confirmed only after the payment of deposit of € 200 for the whole workshop; € 100 for two days. For further information about reservation you can send an email to info@yogawisdomitalia.it or call(0039) 055 58 28 21 / **Cell. 3273289503**

The payment of the deposit must be made to the following account:

ISTITUTO IYENGAR YOGA FIRENZE

BANCA: Banca Sella Agenzia VIALE DEI MILLE 7/9, FIRENZE 50131,
Italia

Iban: IT79X0326802801052813582410

SWIFT: SELBIT2BXXX

Please write down your name and surname, the reason for the bank transfer “**DEPOSIT FOR THE WORKSHOP WITH GARTH**”. Please send by fax (0039)055582821 or by email at info@yogawisdomitalia.it the receipt of payment for confirmation.

In case of cancellation before March 10 you will be refunded the half of the amount of deposit. **After 10th of March there will be no refund.**