

Iyengar Yoga for the children in Brazil

29-31 January 2022

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Please save the dates and register to the online charity workshop with Gabriella Giubilaro, Cristina Costa & Rosana Seligmann for the children in Brazil.

11am - 1pm (GMT - 3) Brazil

3pm - 5pm (GMT +1) Italy

9am - 11am (EDT) NYC

Centro Barra Nova is an NGO that works on the socio-educational, religious and cultural training of street children and children from the poorer strata from Alagoas / Brazil. Due to Covid-19 and the current political conditions in Brazil, they are experiencing enormous difficulties.

For more information please visit <https://www.centrobarranova.org.br/>

70% of proceeds will be donated to Centro Barra Nova. Suggested donation 45 euro for the three days. You are welcome to donate more if you wish. 100% of the extra amount will be donated to them. If you cannot pay this amount, please give what you can.

At the end of the workshop you will receive an email with the class recordings for your personal use. Recordings will be available for 14 days.

The “Istituto Iyengar Yoga Firenze” is a Company based in Florence to spread the teaching of Iyengar Yoga. www.istitutoiyengaryogafirenze.it

To be able to register to any class or workshop it is necessary to fill up the document attached. It is necessary to write your name, last name, date and place of birth, email address and to sign it. The data will be private, and not used for any other reason.

To secure your participation to the seminar kindly make the donation to the following account:

If you do not live in Brazil:

ISTITUTO IYENGAR YOGA FIRENZE

BANCA: Banca Sella Agenzia Via Carlo Botta, 22 FIRENZE 50136, Italia

Iban: IT79X0326802801052813582410

SWIFT: SELBIT2BXXX

Or by PayPal to: info@istitutoiyengaryogafirenze.it

(please make sure you spell “istituto” correctly, Italian spelling)

Please in the deposit write down:

- First and Last name and Reason for the deposit “donation for workshop for Barra Nova”. Please send via email the receipt of payment to info@istitutoiyengaryogafirenze.it

For Brazil residents:

Please, make a money transfer to

Centro de Formação Santa Rosa de Lima
Banco do Brasil
Ag. 0013-2
C/c 7914-6
CNPJ 69.978.138 /0001-66
PIX 69 978 138 0001 66

Please send via email the receipt of payment to info@istitutoiyengaryogafirenze.it

Please make sure that you send your correct email address, so that we have your name and email to send the link to access the class.

The link will be sent 48 hours before the workshop, in case you do not receive it, please look at your spam and if it is not there, please contact us by WhatsApp to +39 3917434945, or by email.

- The classes will be done through **Zoom**.
- The classes will be in **English**.
- Requirement: minimum of six months of **Iyengar yoga practice**
- Refund for cancelation: There is **no refund**

How to prepare for the class?

Make sure you are logged in to your zoom account with the device you will be using to join the class with. Please join the class with your full name displayed on your screen, so Gabriella can call you by your name when offering corrections & insights. If you have a question, please feel free to ask it at any time, by writing it on the zoom chat.

Clear a good space for your yoga mat and other props you may be using.

Yoga prop kit includes:

- Yoga mat
- 2 bricks
- 4 blankets
- 1 belt
- 1 chair
- A free wall space

You may not be using all the props, and if you are missing some props – don't worry! You can always get creative and improvise with what you have at home. For example: any flat surfaced chair without armrests is a good chair for yoga, a thin scarf can be a good substitute for a yoga belt, etc.

Terms and Conditions:

- () I take responsibility for my yoga practice and any eventualities that may happen during class.
- () I agree that during the event films and photos can be taken and I allow free use by the Istituto Iyengar Yoga Firenze on their social media (Facebook, Instagram, Web Site, Twitter, etc.).
- () I have read all the information contained in this document and I agree to its terms and conditions.

Namaste, thanks for supporting the cause and we appreciate if you can help us to spread the word!

Gabriella, Cristina & Rosana