

ISTITUTO IYENGAR YOGA FIRENZE
is glad to invite again

Garth McLean

28-30 OCTOBER 2022

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: 310€ (for the whole seminar), 230€ for Saturday and Sunday (the price includes the membership of Csen)

Schedule:

Friday 15.30-19.00

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.

The reservation for the workshop will be confirmed only after the payment of deposit of € 150 for the whole workshop; € 100 for two days. For further information about reservation you can send an email to info@istitutoiyengaryogafirenze.it or call (0039) 055 58 28 21 / **Cell. +39 3917434945**

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 email at info@istitutoiyengaryogafirenze.it the receipt of payment for confirmation.

In case of cancellation before October 1st you will be refunded the half of the amount of deposit. **After 1st of October there will be no refund.**

NB Since the palasport is far from commercial areas and there are no bars or restaurants nearby, we decided to make available the possibility

of booking the lunch for Saturday and Sunday at €15 per meals. Who wants to use this service has to tell when booking the seminar. Payment for food can be made on the spot.