



Blue Mountains Iyengar YOGA studio

lulu bull's retreat &
workshop programme **2019**

Visit our website www.bmyogastudio.com.au

 or find us on Facebook

Lulu's Workshops and Retreats

Katoomba 5 Day Intensive January 11-15 2019

Lulu will be holding a 5 day intensive at the studio. Suitable for general/experienced level students. Cost \$450. Deposit \$150.* Times on website or contact the studio.

Adelaide June 14, 15, 16

Lulu will be conducting a weekend workshop at OM Yoga (Adelaide CBD) for general and experienced level students. Please note there will be an extra session on Friday 14th for teachers and trainees. For times, costs and bookings please contact Wendy Samek T: 0424 635 185 or E: enquiries@omyoga.com.au

Melbourne (Yarraville) September 14-15

Lulu will be conducting a weekend workshop at Yarraville Yoga for general and experienced level students. For times, costs and bookings please contact Fleur T: 03 9687 4418 or E: info@yarraville yoga.com.au

Armidale March 9-10

Lulu will be conducting a weekend workshop at the Armidale Yoga Studio for experienced beginners/general level students. For bookings, please contact Bernie T: 0405 292 781 E: armidaleyogastudio@gmail.com

Byron Bay 5 Day Retreat August 16-21

Lulu will be holding her annual residential retreat at Sangsurya Retreat Centre.

The 5 day retreat commences Friday 5pm and finishes Wednesday 1pm.

Suitable for general/ experienced students. This retreat is very popular so book early.

Cost \$1599 | Deposit \$295*

Please ring the Studio on 02 4782 6718 or register by mail. Full payment 1 month in advance.

*Non-refundable deposit on booking. Please note: Accommodation is twin or triple share. Limited single rooms are available at an extra cost. Please contact Vicki or Lulu at the studio.

South Coast (Tanja) November 16-17

Lulu will be conducting a 2 day workshop at the Tanja Hall, Tanja, near Bega. For times and bookings, please contact Darren Millhouse on 0417 672 879 E: drnrg@icloud.com

Katoomba 5 Day Intensive January 2020

Check the website in October/November 2019 for details and dates.

Registration

To register for my Blue Mountains Iyengar Yoga Studio workshops, please use form overleaf.

For other events, please contact respective schools.

*Deposits are non-refundable—please book well in advance.

Registration

[only for events held by Blue Mountains Iyengar Yoga Studio]. Please fill out the form below and post it with your respective deposits [non-refundable and non-transferable] to the studio. For payment by direct deposit, please contact Lulu.

Blue Mountains Iyengar Yoga Studio

4/118 Main Street Katoomba NSW 2780

Enquiries

Tel/fax: 02 4782 6718

Email: info@bmyogastudio.com.au

Web: www.bmyogastudio.com.au

Find us on Facebook for event updates.

Name _____

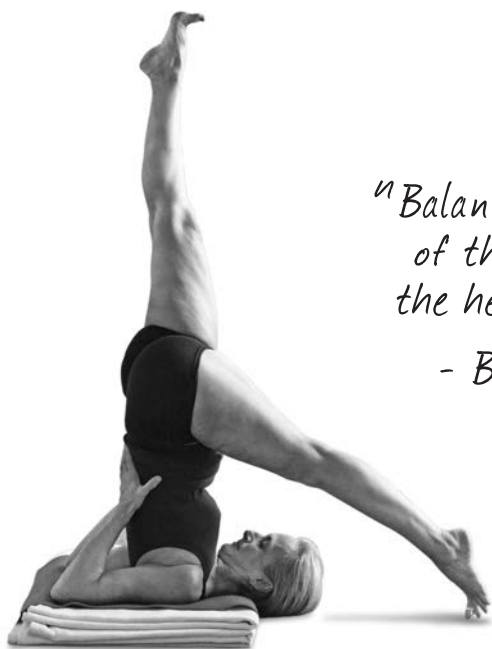
Address _____

Phone _____

*Email _____

★ **IMPORTANT:** We would like to make our mailing list electronic. Please email your address (even if you have previously) and mark subject "Group Mailing List." Please contact Lulu if you are unable to receive notices electronically and need a copy posted to you.

Retreat/
Workshop
Date _____



*"Balance is the state
of the present ...
the here and now."
- BKS Iyengar*

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