



# Blue Mountains Iyengar YOGA studio

## lulu bull's retreat & workshop programme **2020**

Visit our website [www.bmyogastudio.com.au](http://www.bmyogastudio.com.au)

 or find us on Facebook

# Lulu's Workshops and Retreats

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## Katoomba 5 Day Intensive January 8-12 2020

Lulu will be holding a 5 day intensive at the studio. Suitable for general/experienced level students. Cost \$455. Deposit \$200.\* Times on website or contact the studio.

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## Adelaide July 31, August 1, 2

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 31st for teachers and trainees. For times, costs and bookings please contact Wendy Samek T: 0424 635 185 or E: [enquiries@omyoga.com.au](mailto:enquiries@omyoga.com.au)

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## Melbourne (Yarraville) August 29-30

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@yarravilleyoga.com.au](mailto:info@yarravilleyoga.com.au)

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## Armidale March 21-22

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](mailto:armidaleyogastudio@gmail.com)

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## South Coast Bush Retreat Shoalhaven River September 18-23

Lulu will be holding her annual residential retreat at Bamarang Bush Retreat.

The 5 day retreat commences Friday 3pm and finishes Wednesday 1pm.

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

**Cost \$1599 | Deposit \$599\***  
Please ring the Studio on 02 4782 6718 or register by mail. Full payment 5 weeks in advance (August 14).

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

• Please note that camping is available. Contact the studio for details. • Bamarang is accessible by train from Sydney to Nowra.

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## South Coast (Tanja) November 14-15

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](mailto:drnrg@icloud.com)

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## Katoomba 5 Day Intensive January 2021

Check the website in October/November 2020 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](mailto:info@bmyogastudio.com.au)

Web: [www.bmyogastudio.com.au](http://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 \_\_\_\_\_



*"Long, uninterrupted,  
alert practice is the firm  
foundation for restraining the  
fluctuations of consciousness."*

*- Sutra 1.14*



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