

**Welcome to a General Mini Workshop at IYC , Sunday 18 Dec 2022  
with teacher Lydie Driviere from France.**



The teacher;  
Lydie is a well- known, very experienced and loved Level 4 Iyengar Yoga teacher from Tours, just north of Paris. She has a well- established school there, where she runs daily classes, workshops and Teacher Development. She is also an assessor and moderator for the French Association who regularly gets calls to teach and also to assist in assessments all around Europe and beyond.  
And here she is for the first time in NZ !

Lydie will take you through a suitable program for all levels. If you have not attended a Yoga workshop before or you just want to come along, then then this is a great opportunity to study with such a great teacher.

Not suitable for absolute beginners or students with injuries.

You can enrol at the IYC front desk or txt 021 0330645

Timings are;

9.30-11.30am

Lunchbreak- bring your own or visit a coffee shop in the vicinity.

1pm-4pm

Fee;

\$160

Cash can be prepaid at the IYC desk or at arrival for the workshop.

Bank transfers have to be made one working week prior to the course.

Account no 02-0110-0275857-04