

Annual report from Suffolk Oct 2009

Attendances have been good overall this year. Peter Blackaby's workshop on intelligent yoga sequences in the Spring was an excellent day and it gave us fresh insights and was a very inspiring all round. It was good to be able to present Devon-based Bill Wood, since we combined a booking with Norfolk, and learn more about Scaravelli yoga. Ruth Gilmore was superb on the anatomy of the lumbar and sacro-iliac and everyone was eager to see more of her.

We will continue to run events in Suffolk - the team is now Annya Stoddart and Carole Baker and I am helping them into the new roles. I hope you will give them your support and keep in mind that everything they do for the region is voluntary and a bonus. I understand they will still use the venues in Ipswich and Coddensham (covering the large number of members out there around Woodbridge area), Bury St Edmunds and Lavenham which pretty much covers the county.

This is the end of my time as County Rep although not with the Committee since I'm hoping to take on the role of Regional Officer next year when Ian Burgess steps down. I would like to thank all those members that have shown me special support and thanks and helped out with the teas during my time as County Rep. And thanks to the Committee members too, especially David Primett who is so efficient at keeping the finances in order and sending out expenses promptly.

All the very best to you all,
Kari