

***4 day Iyengar Yoga Christmas Workshop
with Delilah King
Thursday 27 thru Sunday, December 30, 2018***

Class timings

10:00 a.m. – 1:00 p.m.

2:30 p.m. – 4:30 p.m.

Costs

€ 250,- (Registration incl. payment
before November 15, 2018: €225,-)

Level

suitable for all levels, practitioners of
all yoga styles are welcome

Registration

Via de website or e-mail
info@iyengaryogaamsterdam.com



Honor and tune into the winter season with energizing and warming asanas, restoratives and pranayama. The practice will fortify the mind and body against the cold, dark days of winter, keeping you warm, jolly and glowing while attuning yourself to the still and introspective qualities of winter's spirit.

“Yoga is a light, which once lit, will never dim. The better your practice, the brighter the flame.” B.K.S. Iyengar