

***9 day Iyengar Yoga Summer Intensive  
Delilah King***

*Saturday July 7 thru Sunday, July 15, 2018*



Classes:	10:00 am – 1:00 pm & 2:30 pm – 4:30 pm
Costs 9 days:	€ 475,-
Cost per day:	€ 70,- (available the first 7 days)
Cost last weekend:	€ 140,-
Registration:	via the website or at the Institute

The yearly 9-day Summer Intensive is suitable for all levels from beginners with a minimum of one year of consistent practice to the more seasoned practitioner and teachers with a regular practice. Commit yourself to an intense yoga asana and pranayama sequence that begins in the morning of the 1st day and ends in the afternoon of the last day.

*“Awareness must be like the rays of the sun: extending everywhere, illuminating all.”  
B.K.S. Iyengar*

***Saturday 15 & Sunday, September 16, 2018***  
*Start of the new 1st year of the 3-year certified  
B.K.S. Iyengar Yoga Teacher Training Program Amsterdam*