

Saturday Workshop

22 September 2018



Asana and Pranayama

Iyengar Yoga workshop for level 1/2 students with Daniela Gfeller & Sarah-Jane Rawkins

Time: 10:00 a.m. - 1:00 p.m.

Place: Iyengar Yoga Institute Amsterdam

Costs: € 30,-

Register by e-mailing info@iyengar-yoga-holidays.com or calling
Daniela (+648954016) / Sarah-Jane (+614329004)

“Words cannot convey the value of yoga - it has to be experienced” - B.K.S. Iyengar

***Look forward to Delilah’s 2018 Christmas workshop, 4 Days
Thursday 27 thru Sunday, December 30, 2018***