

B.K.S. IYENGAR YOGA INSTITUTE AMSTERDAM

अथ योगानुशासनम्

Transform yourself physically, mentally and spiritually.



Welcome to the BKS Iyengar Yoga Institute Amsterdam Teacher Training Program Starting 15+16 October 2016

Educate. Empower. Transform.

Apply Now.

E-mail Delilah King for an introductory conversation at

info@iyengaryogaamsterdam.com

“The teacher should be clear, clever, confident, challenging, cautious, constructive, courageous, comprehending, creative, completely devoted and dedicated to knowing the subject, considerate, conscientious, critical, committed, cheerful, chaste and calm.”

B.K.S. Iyengar