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Welcome to the BKS Iyengar Yoga Institute Amsterdam Teacher Training Program Starting 14+15 October 2017

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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