

Saturday afternoon - Workshop
10 March 2018



Asana and Pranayama

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

Time: 2:00 pm – 5:00 pm

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 Easter Workshop
Tuesday 3 thru Friday, April 6, 2018