

***Saturday Workshop***  
***8 December 2018***



***Build up your stamina and core in this spicey yoga workshop.***

Iyengar Yoga workshop for level 1/2 students with Donald Streeter:

Time: 10:00 a.m. - 1:30 p.m.  
Place: Iyengar Yoga Institute Amsterdam  
Costs: € 40,-

Register by e-mailing [workshops@iyengaryogaamsterdam.com](mailto:workshops@iyengaryogaamsterdam.com) or calling  
Donald +681889516

*“Action is movement with intelligence. The world is filled with movement.  
What the world needs is more conscious movement, more action” - B.K.S. Iyengar*

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