

***B.K.S. IYENGAR YOGA INSTITUTE AMSTERDAM***

**अथ योगानुशासनम्**

# **Medical / Therapeutical class**

**Thursday 18.00 – 20.00**

**Delilah King & assistants**

The medical/therapeutical classes are meant for students with medical problems requiring personal attention. These classes provide safe and effective yoga programs for students with injuries, chronic conditions and individual needs.

As many yoga students have experienced yoga has tremendous possibilities for curing or alleviating ailments and diseases.

After an intake/interview the medical classes offer a program based on the individual problems of the student in a one-on-one situation. This means that the student under guidance from the teachers/assistants will work with a personal yoga program tailored to his/her needs.

This way of working is only effective if it is done on a regular and persistent basis for at least 3 months. Weekly attendance will build up a routine where you will be able to manage issues that cannot be addressed in a general class.

After the intake class you have the choice to purchase a 5 or 13 class card. Once you have completed the series of your chosen class card there will be an evaluation. The student will be advised how to continue the yoga practice. Our aim is to prepare the (medical) students for the regular yoga classes. Regular yoga practice inevitable will lead to better health and physical/mental well being. The fact that continuity of practice here is crucial cannot be emphasized enough.

## **Registration**

Intake or single class	€ 35
5 class card	€ 135
13 class card	€ 295