

Saturday Workshop

9 December 2017



Asana and Pranayama

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

Time: 10:00 am – 1:00 pm & 3:00 pm – 5:00 pm
Place: Iyengar Yoga Institute Amsterdam
Costs: € 45,-

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 2017 Christmas Workshop
Wednesday 27 thru Saturday, December 30, 2017