

4 day Iyengar Yoga Easter Workshop
Delilah King

Tuesday, April 3 thru Friday, April 6, 2018



Classes: 10:00 am – 1:00 pm & 2:30 pm – 4:30 pm
Costs: € 225,-
Level: suitable for all levels,
practitioners of all yoga styles are welcome

The flowers are blooming and the fragrance of renewal is in the air. Spring is a great time to practice the life affirming art of yoga.

“If you look after the root of a tree, the fragrance and flowering will come by it self. If you look after the body, the fragrance of the mind and spirit will come of itself.”

B.K.S. Iyengar

Registration via the website or directly at the Iyengar Yoga Institute in Amsterdam

Look forward to Delilah’s 2018 Summer Intensive
Saturday 7 thru Sunday July 15, 2018