



2-hours class
for professionals

wednesday
10.15-12.15

KNSM-laan ↑303
Amsterdam

single lesson € 20.-
10 class card € 165.-



Stay alert and remain fresh

The advanced student recognizes the pitfalls of mechanical repetition and exclusively comfortable practice. This challenge stimulates and awakens enthusiasm.

One lesson a week for teachers and advanced students (professionals). Asanas are done with greater depth, are held longer and multiple variations are practiced. You make progress with the hip openers, backbends and arm balancings. You learn all the leg variations in head- and shoulderstand.

The certified teachers who make up the team have had years of experience with **Iyengar Yoga**. This traditional form of yoga is precise and challenging. Each student receives personal attention. B.K.S. Iyengar (after whom this yoga is named) lived in India and has dedicated his whole life (1918-2014) to yoga. According to Time Magazine, Mr Iyengar is one of the hundred most influential persons in the world. His yoga method is based on the Astanga Yoga of Patanjali (the eightfold path).