

IYENGAR YOGA Zeeburg

2019

September

Friday	06-sep	18u00-20u00	Intensive learning	Pranayama, teacher Berber Schönholzer
Saturday	07-sep	10h45-16h45	Mentor weekend nr 1	
Sunday	08-sep	10h45-16h45	Mentor weekend nr 1	
Sunday	22-sep	10h45-16h45	Interm. Junior training nr 7	
Saturday	28-sep	10h45-16h45	Saturday workshop	Pranayama, teacher Nadège Chaumont
Sunday	29-sep	10h45-13h45	3-hour workshop	Core stability, teacher Patrizia Semperboni

October

Sunday	06-okt	10h45-16h45	Interm. Junior training nr 8	
Friday	11-okt	18u00-20u00	Intensive learning	Forward extensions, how to approach stiffness, teacher Berber Schönholzer
Saturday	12-okt	10h45-16h45	Mentor weekend nr 2	
Sunday	13-okt	10h45-16h45	Mentor weekend nr 2	internal mock exam

November

Saturday	02-nov	10h45-16h45	Women's Intensive II	Pregnancy and postpartum, teacher Berber Schönholzer
Sunday	03-nov	10h45-16h45	Interm. Junior training nr 9	
Friday	08-nov	18u00-20u00	Intensive learning	The beauty of backbends, teacher Berber Schönholzer
Saturday	09-nov	10h45-16h45	Mentor weekend nr 3	
Sunday	10-nov	10h45-16h45	Mentor weekend nr 3	
<i>Friday 15/11 - Saturday 16/11 Intermediate Junior Exams</i>				
Sunday	17-nov	10h45-13h45	3-hour workshop	Foundations in asana's, teacher Patrizia Semperboni
Saturday	23-nov	10h45-16h45	Saturday workshop	Yoga Kurunta (ropes)
Friday	29-nov	18u00-20u00	Intensive learning	Improvement and understanding of inversions
Saturday	30-nov	10h45-16h45	Mentor weekend nr 4	

December

Sunday	01-dec	10h45-16h45	Mentor weekend nr 4	
	<i>Saturday 7/12</i>		<i>birthday of Geeta Iyengar</i>	
	<i>Saturday 14/12</i>		<i>birthday of B.K.S. Iyengar</i>	<i>commemorative Iyengars</i>
Friday 27/12 - Tuesday 31/12			Christmasworkshop	