

IYENGAR YOGA Zeeburg

Intensive learning

2019

KNSM-laan 303
Amsterdam



**For teachers and students, each time a different topic
Get a better understanding, improve your practice**

Once a month on Friday
18.00-20.00

Tuition fee € 20,-
English spoken

Enrollment via website
(see workshops) or in
the studio

Jan 11 Pregnancy

Feb 8 Neck, shoulders, arms

Mar 8 Yoga Kurunta, working with ropes

Apr 5 Hips and knees

May 10 How to build up a specific sequence

June 7 Armbalancings

How can you deepen your own practice? And how do you approach students with special needs? Learn more about precise alignment and adequate use of props for yourself and for your student.

Payment not later than 2 weeks before workshopdate

Fee € 20,- on account no. NL43ABNA0417792948 of Iyengar Yoga Zeeburg, Amsterdam, stating name of participant and date of workshop. Cancellation more than 2 weeks before: 80% fee restitution; after that: no fee restitution

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