

IYENGAR YOGA Zeeburg

Patrizia
Semperboni

KNSM-laan 303
Amsterdam



Series of 5 RESTORATIVE WORKSHOPS

DATES: 2018/2019

SAT 15 Sept

SAT 17 Nov

SUN 20 Jan

SUN 17 Mar

SUN 19 May

TIME: 10.45 - 13.45

The Workshops have a restorative and calming effect. The experience of extending the time in the asana.

We will work sequentially on different aspects each date. Props are in these workshops an important aid.

English and Dutch spoken.

Fee € 35,-

To be paid in advance on account number NL43ABNA0417792948

(BIC: ABNANL2A) of Iyengar Yoga Zeeburg, Amsterdam, indicating name of participant and the date of the workshop.

Cancellation more than 2 weeks before: 80% fee restitution; after that: no fee restitution

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