

**Iyengar Yoga
Workshops (ENG)
with Janet MacLeod
(San Francisco)**



FOR THE 10TH YEAR

**WORKSHOP FOR TEACHERS
AND EXPERIENCED STUDENTS
Friday August 16th 13:30-16:30**

Price: 675 DKK or 6 YC punches which is cheaper

Theme: **Composing a class or practice**

There are many wonderful things that Guruji BKS Iyengar has brought to the practice of asana and one of these is sequencing and linking. When this is done in an intelligent way, the positive effects are tremendous both physically and mentally. Janet will present a class embracing this concept so that you can experience the sublime effects.

**WEEKEND WORKSHOP FOR EVERYONE
Friday August 16th 19:00-21:00**

**Saturday August 17th 10:00-12:30 + Vegetarian lunch
14:30-16:30**



Sunday August 18th 8:30-9:30 + 10:00-12:30

Price: 1895 DKK including lunch or
18 YC punches which is cheaper. 10 hours instruction + lunch.

Theme: **Developing Stillness in Asana**

When we think of yoga, especially these days, we think about movement. Through the practice we are seeking mental absorption. Focusing on the stabilizing points helps our understanding of the physical aspects and also draws the mind inwards towards *STILLNESS*.