



IYENGAR YOGA



CERTIFIED TEACHERS

yoga aruna



July International 2019

4 weekends of Iyengar® Yoga

06-07 ; 13-14 ; 20- 21 ; 27-28

With Francesca Ferrero and Stefano Bendandi

"We do not teach how to do asanas, We teach you how to develop awareness through asanas"
The Iyengar method is the most accessible yoga to any individual, no matter of your body or mind abilities. The system of teaching is methodical and progressive, emphasizing safety, alignment and the development of self-awareness. The workshop introduce the use of supports to facilitate learning and accommodate safe appropriate poses.

Classes in Salita Pallavicini 8, Genoa, Historical Center

Program:

Saturday 8.30/11.30 Lunch!

Sunday 8.30/11.30

One class 30€, both classes 50€

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