



Iyengar Yoga Basics

with Kerry Reinking, Sunday 2
May 10.00-13.00

In this workshop we will cover the basic fundamental poses of the Iyengar method. "Doing the right thing from the beginning" is essential to set a healthy and long term yoga practice.

We will work in detail over how to set the base for standing poses, twists and forward extentions. Everyone will work hard and you will see how this effort brings you refreshed and sustained energy! Cost: 35 euro

