

Iyengar Yoga Haarlem

INTRODUCTION TO YOGA COURSE

WITH NANCY REYERTS

Sunday - 10, 17, 24 January - 10.30 - 12.00

Sunday - 31 January - 14.30 - 16.00

Cost: 55 euro

Are you wondering if yoga is for you? Would you like to start yoga but not sure where to begin? This introduction course is the perfect way to start!

In these 4 weeks:

- * You learn step by step the basics of the Iyengar Yoga method so you can make an easy transition into the regular group classes

- * Practice within a small group at your level
- * Time for questions and personal attention and adjustments
- * Learn about the key principles of yoga philosophy

More information & booking please contact us via e-mail