

Iyengar Yoga Haarlem

Sunday workshop with Kerry Reinking

Shoulder blades - the support gateway

13 March 10:00 - 13:00

Cost: 35 euro

The scapulae are the gateway to the chest, the support for your neck and shoulders, and key to openness in backbends —all leading to a new freedom in your asana.

Kerry's ongoing workshop series is a dynamic way to progress in your yoga

practice. In each workshop you will be lead through a thorough practice of the major categories of asanas, while focusing on a particular subject. When you take the step to follow 3 hour workshop you will have the time to learn, question and experience how the philosophy, science and art of Iyengar Yoga works for your self development and transformation.

Please contact the studio for more information or to reserve your place.