

# Iyengar Yoga Haarlem

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

In each workshop you will be lead through the main categories of asanas, while focusing on a particular subject.

When you take the step to follow a 3 hour workshop you will have the time to learn, question and experience how the philosophy, science and art of the Iyengar method works for your self development and transformation.

Cost of workshop: 35 euro. Please contact the studio for more information and to reserve your place.