

Iyengar Yoga

GLENN CERESOLI

SENIOR IYENGAR YOGA TEACHER



WEEKEND WORKSHOP

DECEMBER 2011

Saturday 10 & Sunday 11

08.00 - 10.30

13.00 - 15.30

Transform your understanding and approach to yoga and give your practice an added dimension.

Glenn will provide guidance and direction to inspire you further along the path of Yoga. The focus will be on the essential ingredients for the practice of yoga and toward achieving 'constant integrated awareness.'

The workshop will be conducted in English and is open to dedicated students who have a minimum of at least one year's experience in yoga. Mats and props are provided.

COST

CHF 350

Full payment in cash on check-in on the day.(no card facility)

CONTACT

Isabelle:

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VENUE

Planet Yoga
Brandschenkestr.150,
8002 Zurich

