



12-15 OF NOVEMBER 2015

IYENGAR YOGA AUTUMN INTENSIVE COURSE

15 hours of Intense training

As every year, the Iyengar Yoga Autumn Intensive training will take place in our Centre from Thursday 12th till Sunday 15th of November 2015.

A wide spectrum of asanas will be presented and each day a different topic will be chosen. First day emphasis on standing asanas, second day on forward extension, third day on backward extensions and forth day on inversions and balancing poses.

I expect to see you all on the mat.

Christos Pavlou



Schedule:

Thursday and Friday:

Morning 09:00 - 11:30

Evening 18:00 – 20:00

Saturday and Sunday

Morning 10:00-13:00

Fees:

Full 4-day pack: 190 lv

Flexible 4-day pack: 150 lv
(morning or evening hours)

Weekend pack: 100 lv

Half 2-day pack: 90 lv
(1 week and 1 weekend day)

Iyengar Yoga students and experienced students in good physical condition from other styles are accepted.

Please book your seat
not later than 09.11.15

**IYENGAR YOGA
CENTRE SOFIA**

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