

NATIONAL IYENGAR® YOGA DAY

16 January 2021 ©

Join Jawahar Bangera

FOR A VIRTUAL
MINI-CONVENTION WITH
IYENGAR YOGA UK

“Jawahar is well known for his precision, dedication and ability to make everyone feel included, inspiring us to move deeper into our understanding of yoga.”



Re-energise body and spirit in the new year by experiencing Guruji's teachings directly from one of his most senior teachers.



Join the Iyengar community as we are inspired to move deeper into our understanding of yoga.



Suitable for beginners with one year's regular attendance in Iyengar classes, as well as experienced students and teachers.



Recordings of all classes will be available to all attendees for seven days after the event, so you can go back anytime to continue or go over your practice.



Total cost for this event, to include classes, Q&A with Jawahar and recordings is £55. All IY(UK) members and non-members welcome.

TIMINGS:
9am - 2.30pm

Book Now

Feel like being social?
Facebook @iyengaryogauk Twitter @UKIYENGARYOGA #niyd2021
Instagram iyengaryoga_uk Email: conventions@iyengaryoga.org.uk



Iyengar Yoga (UK)

Association for Iyengar Yoga in the UK & Republic of Ireland