

BIRJOO MEHTA

Iyengar Yoga (UK) Convention 2026

Join our community for three days of celebration and practice

Saturday 23rd, Sunday 24th & Monday 25th May

The Hilton Glasgow • 1 William Street • Glasgow • G3 8HT • United Kingdom

Birjoo Mehta is a renowned senior Iyengar yoga teacher based in Mumbai, India.

He began studying with BKS Iyengar in the 1970's & as a young man travelled worldwide to conventions to help assist and demonstrate the finer points of practice in Guruji's teachings.

His workshops are renowned for their depth & precision, seamlessly integrating the philosophical aspects of yoga with the practice of *āsana* & *prāṇāyāma*.

Birjoo teaches regular classes at the Iyengar Yogashraya Centre in Mumbai.

IY(UK) are delighted to welcome him back to teach in Glasgow at our 2026 convention.



*"Peace in the body,
poise in the mind."*



To book or for more information scan the QR Code or visit: iyengaryoga.org.uk/conventions/