

A WORKSHOP OF

IYENGAR YOGA

PAOLO RAVA
LYA SAAEK
® ON ZOOM



We are delighted to announce an Iyengar Yoga workshop on Zoom during Easter from Saturday 3rd to Monday 5th of April 2021



The classes will be taught in English by Lya Saaek and Paolo Rava. **Paolo** is Intermediate Junior II with more than 37 years of teaching experience and **Lya** is Introductory II, with 29 years of teaching experience and a passion for Yoga therapeutics.

Since we all need to reinforce our immune defence and regain mental strength to cope with the fast-changing world, we will work on asanas that are both invigorating physically and mentally, open the heart, and recuperative asanas to calm the nervous system.

There will be room for 14 students. To participate you need at least 2 years of practice and the yoga following props: mat, belt, 2 blocks, a suitable chair, and a bolster or 3-4 blankets. As always, we give priority to safety, therefore we ask you to switch on the video camera so that we can see you throughout the classes.

Saturday 3rd 16.00 - 19.00

Sunday 4th 16.00 - 19.00

Monday 5th 16.00 - 19.00

Deadline: 28th of March

Inscription and further information:

Lya Saaek **Cellphone** +4524270450 **email:** lyasaaek@gmail.com

On Monday the 29th of March all participants will receive a letter with more instructions.

Looking so much forward to seeing you
Lya and Paolo