

## **2018 Iyengar Yoga Workshops (ENG) with**

**Jayne Orton,**  
Birmingham, England



We are pleased to welcome Jayne to Copenhagen & YC for the fifth time

### **Workshop for teachers and experienced students**

Friday January 26<sup>th</sup> 19 – 21

Theme: Cultivate the Opposite

For teachers and experienced students. 4 punches or 475 DKK

and combine it with

### **Weekend workshop for all levels**

Saturday January 27<sup>th</sup> 10 – 13, lunch, 15 – 17  
and continuing Sunday January 28<sup>th</sup> 9 – 12

Theme: Stability and Mobility

Open for everyone with an interest in Iyengar yoga.

14 punches best option (or 1495 DKK) including vegetarian lunch Saturday. Few spaces available for signing up for each part.