



## IYENGAR YOGA: THEMES IN PRACTICE

with distinguished Iyengar Yoga Teachers  
Gloria Goldberg (USA), Sheila Haswell (UK),  
and Jette Berring (Denmark)



There will be an opportunity to take in inspiration for your daily practice with up to 18 hours of thematic workshops in Iyengar Yoga taught by three internationally distinguished teachers: Gloria Goldberg from the US, Sheila Haswell from the UK, and Jette Berring from Denmark.

**May 9-14, 2017**

**6-Day Sadhana: Morning & Evening Asana Sessions**

**Morning or Evening Session only : \$250 +HST**

**Full Program Cost: \$400 +HST**

For more details and to register, contact us at [mail@vidyainstitute.com](mailto:mail@vidyainstitute.com)

[www.vidyainstitute.com](http://www.vidyainstitute.com)

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