

GENERAL LEVEL YOGA WORKSHOP



with
**Danuta
Cockton**

at IY Yoga Studio, Tooting

Saturday 23rd September 2017

2:00pm-5:00pm – £35

This general level workshop is open to students of all levels, except complete beginners, and is also ideal for students who have never done a workshop before but are ready to deepen their practice.

Places are limited – Book now!

Danuta Cockton is a regular teacher at the studio and brings immense knowledge of anatomy and physiology to her workshops. The time spent in poses to develop awareness and understanding of the body, through gentle and progressive practice, is a very unique experience.

Email us or visit our studio to secure your place!



Iyengar Yoga Studio | Tooting | London



@IYYogaStudio

Iyengar Yoga Studio Tooting



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