

INTERMEDIATE  
LEVEL  
**YOGA**  
WORKSHOP



with  
**Indira  
Lopez-Bassols**

at **IY Yoga Studio, Tooting**

Sunday 2nd July 2017  
11:00am - 2:00pm – **£35**



This workshop will focus on intermediate level poses – suitable for students and teachers with an established personal practice and regular practice in classes for over 3 years. Students should be able to maintain a stable head balance (Sirsasana) and shoulder balance (Sarvangasana) for over 5 minutes.

Indira is a Junior Intermediate Level 3 teacher and has been teaching for over 15 years. She has also completed the Remedial/Therapy Training and has studied with the Iyengar family in Pune. Her teaching style is precise, warm and supportive and she is dedicated to helping people reach their full potential through the practice and study of yoga.

**Places are limited – Book now!**



Iyengar Yoga Studio | Tooting | London



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Iyengar Yoga Studio Tooting



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