

GENERAL LEVEL YOGA WORKSHOP



with
**Karen
Dunne**

at IY Yoga Studio, Tooting

Saturday 25th November 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!

Karen holds a Junior Intermediate Level 3 certificate. Her classes are inclusive of all levels of practice, while helping students to progress their asanas further by exploring many different approaches to each pose. Her teaching style is full of warmth and humour.

"Iyengar yoga inspires me more than I could put into words. Yoga has been the mainstay of my life since I started practising with my first teacher & will be 'til the end of my days!"

— Karen Dunne



Iyengar Yoga Studio | Tooting | London



@IYYogaStudio

Iyengar Yoga Studio Tooting



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