

GENERAL LEVEL
YOGA
WORKSHOP
SERIES



with
**Uday
Bhosale**

at IY Yoga Studio, Tooting

Wednesdays 12:00pm-3:00pm

16 Jan, 13 Feb, & 13 Mar 2019

£40 each | £105 for all 3



We are delighted to have Uday Bhosale teach a series of progressive General Level workshops at the studio. The monthly workshops will progress poses, which will be explored in more depth with each workshop.

Places are limited – Book Now!

Uday spent fifteen years studying, assisting and teaching at the Ramamani Iyengar Memorial Yoga Institute in Pune with the Iyengar family. This is a great opportunity to benefit from his extensive experience and direct teachings from the Iyengar family.

The series is open to all students with at least 1 year of regular practice. It is recommended to complete the full series to gain the most benefit.



IY YOGA
Iyengar Yoga Studio | Tooting | London



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Iyengar Yoga Studio Tooting



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