

EXPLORING THE PATH OF PRACTICE:

Teachings from the 2019 Iyengar Yoga USA National Convention

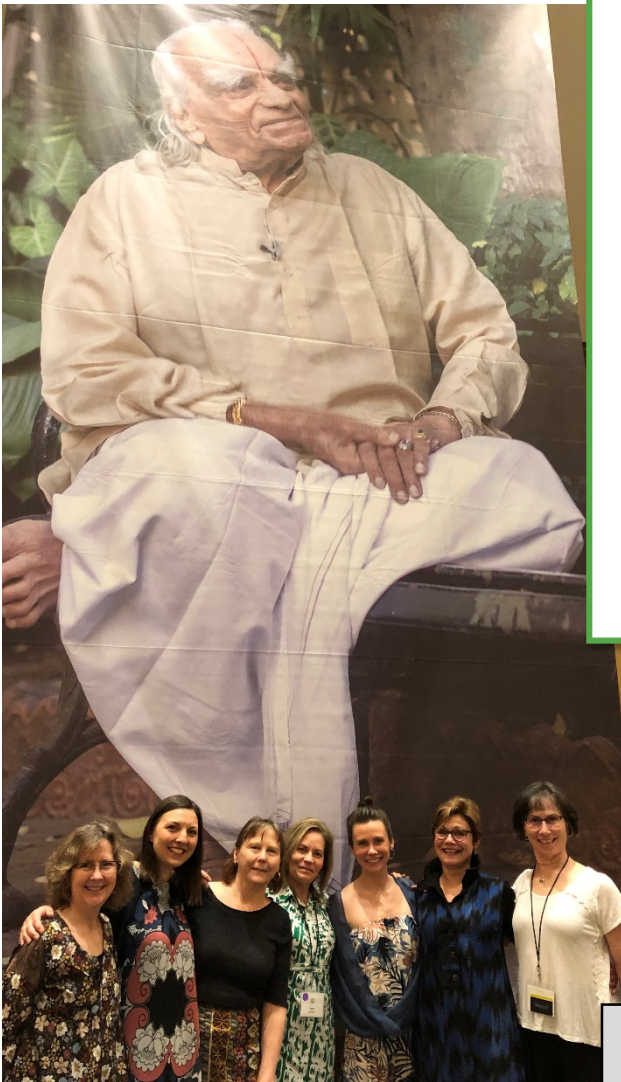
Sunday, June 2

2 – 4 p.m.

\$30 in advance; \$40 day of



“Follow the song of the asana.”
— Abhijata Iyengar



In April 2019, 900 Iyengar yoga teachers and practitioners gathered at the IYNAUS national convention in Dallas for the teachings of Abhijata Iyengar.

The theme, “Exploring the Path of Practice,” guided the teachings and continues to inspire the practitioners.

Join Connie and Kristen as they share some of the highlights – and inspiration – from their six days with Abhijata!

A minimum of six months Iyengar yoga experience is recommended for this workshop.

ABHIJATA IYENGAR is the grand-daughter of Yogacharya B.K.S Iyengar. She started seriously studying yoga at the age of 16 under the direct guidance of Guruji, her aunt, Dr. Geeta S. Iyengar and her uncle, Prashant S. Iyengar.

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