

IYENGAR

yogacenter

**2-hour workshop, 18-20pm on Friday the 11th of October
with Govind Radhakrishnan**



Even the smallest experience of happiness is desired by many, but before you can understand the nature of happiness and contentment, you need to know yourself.

Only when you know and understand the complexity of your own being will you be able to take control of your own happiness and contentment and reach the ultimate increase in your life quality. Govind will be giving a spiritual talk with a few simple exercises. During the workshop, Govind will also guide, answer questions and give spiritual inspiration.

Search and rediscover your own self with this 2-hour workshop with Govind!

Satsang workshop:

(comfortable, loose clothing is recommended, but not needed).

Price for this workshop: 350 SEK

Registration and payment to Iyengar Yogacenter (former Yoga Nu), email:
ingrid@iyengaryogacenter.se

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Workshop on Saturday the 12th of October with Govind Radhakrishnan



Program:

09.00-10.30 Yoga & Ayurveda Principles (theory class)

10.30 - 12.00 Asanas (practical class)

Lunch

14.00 - 15.30 Yoga, Ayurveda Principles (theory class)

16.00 - 17.30 Satsang (Reflextive Q&A), Mantra & Meditation.

The workshop offers a total of 6 hours teaching and in between classes there will be a break with space for reflection and conversation. Bring pen, paper and other remedies you might find useful for doing yoga.

Price for this workshop: 950 SEK

Registration and payment to Iyengar Yogacenter (former Yoga Nu), email: ingrid@iyengaryogacenter.se

Place: Iyengar Yogacenter, Träringen 47 B, 416 80 Gothenburg.

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