

IYENGAR

yogacenter

Helgkurs med Gabriella Giubilaro 20-22 mars 2020



Gabriella Giubilaro is widely known for her dynamic teaching of Iyengar Yoga, her good humour, her attention to individual needs and clarity of her presentation. She believes in communicating the essence of the Yoga postures through simple, but meaningful explanations that help her students discover the intelligence of their own bodies, challenging the students so that they can experience their maximum potential. Gabriella began her Yoga practice in 1973 in Florence, Italy. After receiving her Doctorate in physics at the University, Gabriella decided to dedicate her life to Yoga in the tradition of B.K.S. Iyengar. She has been studying with the Iyengars yearly since 1983. She holds a Junior Advanced certificate in this method. Since '87 she has been teaching at her own Studio in Florence as well as workshops in Europe and the States.

Timings: Friday 18-20, Saturday 10-13, 15-17, Sunday 10-13

Price: 2150sek

Location: Iyengar Yogacenter, Östra Göteborg, Träringen 47, Gothenburg

Registration: email Ingrid: yoganugbg@gmail.com

Registration fee: 500sek once you have received a confirmation mail, the remaining amount should be paid no later than 13th of March, if you want to pay cash please write to Ingrid

Payment: acc no: 241-0603, swish: 123 452 0219, from abroad;: IBAN SE28 6000 0000 0005 4772, BIC: HANDSESS. Please mark your payment with w/s Gabriella. Cancellation after the 13th of March no reimbursement

Please be familiar with Salamba Sarvangasana (shoulder stand)