



Summer intensive

Mallorca

July 2023

3 weeks with Alexis Simon

3 weeks intensive

These intensives give students the opportunity to:

- Practise progressively, starting with the basic poses and moving towards the classical poses which constitute the pillars of the practice.
- Experience a daily practice and its effects on the various layers of our being.

* Students should have a minimum of 6 months experience in Iyengar Yoga to participate to these sessions.

* It is advisable to follow the full cycle of intensives to bring about a real change in one's practice.



Week 1 5-9 July

Introduction to the basic principles of Iyengar Yoga. Technical precision, alignment and orientation in asanas (poses).

During the first week, teaching focus primarily on the practice of standing poses, sitting poses and deep relaxation.

Week 2 12-16 July

Experience the power of the practice, learning to organize the various groups of asanas in sequences (Vinyasa).

During the week we will broaden the scope of asanas to forward bends, twists, simple backbends and an introduction to inverted poses.

Week 3 19-23 July

Deepen your understanding of the Iyengar method and start developing or deepening your self practice.

This week will cover all the different groups of asanas. Standing, back and forward bends, twists, inversions and balancing poses.



Alexis Simon

All classes will be taught by Alexis Simon, certified Iyengar Yoga teacher since 1997 by the RIMYI (Ramamani Iyengar Memorial Yoga Institute) Pune, India. For more than 20 years, Alexis has been regularly travelling to Pune to continue his training with the Iyengar family.

Fee

1 week: 225€
2 weeks: 400€
3 weeks: 550€

A reserve of 100€ per week (non refundable) will be required to secure your place.

Class schedule
8.00 am - 11.00am