

IYENGAR
YOGA



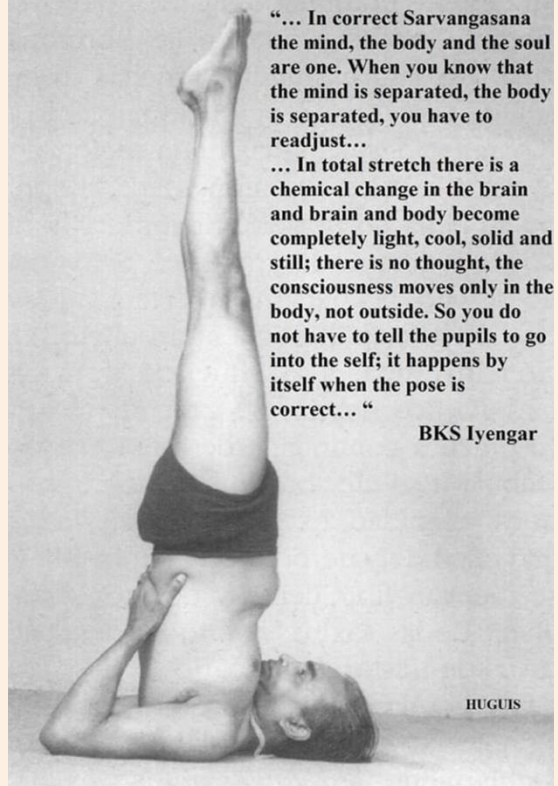
ALEXIS
SIMON



June Intensive

Brussels

with
Alexis Simon



“... In correct Sarvangasana the mind, the body and the soul are one. When you know that the mind is separated, the body is separated, you have to readjust...”

... In total stretch there is a chemical change in the brain and brain and body become completely light, cool, solid and still; there is no thought, the consciousness moves only in the body, not outside. So you do not have to tell the pupils to go into the self; it happens by itself when the pose is correct... “

BKS Iyengar

HUGUIS

Friday	23/06	18.30 - 20.30
Saturday	24/06	14.00 - 18.00
Sunday	25/06	10.00 - 14.00

Minimum 1 year of regular Iyengar Yoga practice
Fee 180€

info/mail:

thijsje@iyengaryogacentre.brussels



Place Jean Jacob/Jan
Jacob Plein n°13,
1000 Brussels
Belgium