



props:
 For logistic reasons we can't offer props.
 Please bring with you: 1 mat, 1 belt, 2 bricks,
 3 blankets.

registration form

please fill in and send it to: info@iyengar-yoga-deutschland.de

.....
 first name, last name

.....
 street house no.

.....
 postcode, city/town

.....
 region, state

.....
 email

Notice: during the Convention photos will be taken for our website

.....
 signature

Fee:
 A - for all western European countries: 260 Euro
 B - for all eastern European countries: 220 Euro
 C - for IYD members: 220 Euro

Saturday: A (105 Euro) B (90 Euro) C (90 Euro)
 Sunday: A (105 Euro) B (90 Euro) C (90 Euro)
 Monday: A (50 Euro) B (40 Euro) C (40 Euro)

IYENGAR® YOGA Convention 2018

program:
SATURDAY, 19TH OF MAY 2018

08.00 admittance
 09:00 – 10:00 Pranayama
 Pause
 10:30 – 13:00 Asana
 Pause
 15:30 – 17:30 Asana

SUNDAY, 20TH OF MAY 2018

09:00 – 10:00 Pranayama
 Pause
 10:30 – 13:00 Asana
 Pause
 15:30 – 17:30 Asana

MONDAY, 21ST OF MAY 2018

09:00 – 10:00 Pranayama
 Pause
 10:30 – 13:00 Asana
 13:00 Official farewell

organisation/registration:
 IYENGAR YOGA Deutschland e. V.
 Pappelallee 24 in 10437 Berlin
 Fon +49 (0)30.54714030
 Fax +49 (0)30.54714032
info@iyengar-yoga-deutschland.de

Bankdetails:
 IYD e.V.
 Postbank Leipzig
 IBAN: DE22 86001 000 0607 2799 09
 SWIFT: PBNKDEFF



Convention 2018
 19th to 21th of May 2018
 with **Birjoo Metha**
 in **Vienna/Austria**



B.K.S. IYENGAR

2018 is B.K.S. Iyengars Centennial Year! Yogacharya B.K.S. Iyengar (1918-2014) with his intellectual and spiritual practices has masterminded the techniques which can be used by all practitioners of yoga. "Research based experience" and "experience based research" has helped him in evolving this technique which is now known as "Iyengar Yoga". He has therefore made it possible for ordinary human beings to experience the wisdom of the yoga sutras.

IYENGAR® YOGA

Iyengar® Yoga is meant for all and is a way of life.

In Iyengar® Yoga we focus on standing poses, twists, forward and back extensions as well as restorative poses and inversions.

These are practiced in particular sequences with varying key points. Another main element in Iyengar® Yoga is Pranayama (breathing techniques) which works on even more subtle levels.

The use of props, designed by B.K.S. Iyengar, such as wooden bricks, belts and ropes can help the practitioner to achieve a certain asana (yoga pose).

Regular practice of Iyengar® Yoga is a means to integrate body, mind and emotions.

BIRJOO MEHTA

Birjoo H. Mehta is from Mumbai, India and one of the world's most Senior Iyengar® Yoga teachers.

He started practicing Yoga 1974 under the guidance of Yogacharya B.K.S. Iyengar and accompanied him on many of his journeys to Asia, Europe, USA and Australia.

B.K.S. Iyengar used him as a model to demonstrate basic principals of the poses and the finer points of practice.

Birjoo was invited to teach at Iyengar® Yoga Conventions in the USA, England, Spain, France and Southafrica. He conducted Seminars in Israel, Ireland, Hong-Kong, Canada and the US.

Birjoo's knowledge of yoga and his understanding of B.K.S. Iyengar's method is unique in its depth.

His ease and familiarity with Western concepts and practices and his eloquent ability to articulate the intersection between B.K.S. Iyengar's teachings and contemporary society provide an extraordinary opportunity to penetrate deeply into Iyengar Yoga.



IYENGAR Yoga Convention

19th to 21th of May 2018

with Birjoo Metha

in Vienna/Austria

to
IYD e.V.

IYENGAR YOGA Deutschland e. V.

Pappelallee 24

10437 Berlin

GERMANY