

General Yoga Workshop: Saturday 30 of June, 13.30-16.30 pm

with Indira Lopez-Bassols



Indira has been practicing Iyengar yoga since 1996 and teaching since 2002. She feels privileged for having studied twice with the Iyengar family in Pune, India, in 2008 and 2011.

The philosophy of yoga is central to Indira's teaching and practice. Without that, we're just doing something technical with the body. In the larger context, yoga is what transforms us, cultivating that wholeness that is always within. In her teaching, she strives to be clear, challenging, insightful, and motivating, to help students create greater awareness in their own practice and lives.



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