

Iyengar Yoga Intensive with Swati Chanchani of India

September 8-10, 2017

Registration:

\$195 (plus tax 209.63) before August 20

\$225 (plus tax 241.64) after August 20

Individual sessions \$50 each (plus tax 53.75)

Friday 2:30–5:00_{pm}

& 6:00–8:30_{pm} (Lecture & Slide Show)

Saturday 11:30–2:00_{am} & 3:00–5:30_{pm}

Sunday 11:30–2:00_{am}

ABOUT THIS WORKSHOP

Swati will use props, modify individual asanas, design dynamic sequences, and integrate asana and pranayama practice with the adoption of other components of the eight fold path of ashtanga yoga and its sister science, Ayurveda.

High Desert Yoga
4600 Copper Ave NE,
Albuquerque, NM
505-232-9642
highdesertyoga.com

Swati Chanchani, and her husband Rajiv are founders-directors of the Yog-Ganga Centre in India. They began studying yoga in 1975 with Yogacharya B.K.S. Iyengar. In the 1990's, they periodically advised the Indian government including the conceptualization of international yoga week at Rishikesh, India.

Since the opening of the Dehradun campus of the Yog-Ganga Centre in 2001, Swati and Rajiv have been designing and teaching a remarkable series of yoga intensives. In these intensives they trace the roots of yoga in mythology, legend, and history, and include many stories and tales bringing out the quality of and inspiration for postures. They stress the links of moral and ethical values implicit in the practice of yoga, including nonviolence, truthfulness, and contentment.

Swati and Rajiv have also been continuously promoting and refining Yogacharya B.K.S. Iyengar's skillful and pioneering adjustment of asanas to improve the health of individuals irrespective of their age and condition.

