



YOGA ROOTS

AMSTERDAM PRESENTS:

UNIQUE YOGA MASTERCLASS

the healing power of alignment

SEPTEMBER 29 & 30, 2016
THE VONDEL CHURCH AMSTERDAM

SPEND
15 HOURS WITH
THE CO-FOUNDER
OF PURNA
YOGA

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Aadil Palkhivala, since the age of 7 educated by B.K.S Iyengar, comes to Amsterdam for an intensive Healing and Yoga workshop. In a fairylike monument he will bring his knowlegde, wisdom and experience to you with a great sense of humor and infinite source of stories. You will have an amazing experience from a world famous teacher with more than 50 years of experience brought together in Purna Yoga, a holistic synthesis of the work of Sri Aurobindo and B.K.S. Iyengar.

The workshop will include a lecture that will bring you practical applications for yourself and for your students in order to heal many basic physical and emotional problems such as back and neck pain, sleep disorders, anxiety and fatigue. Through the Healing Power of Alignment you will discover that when these foundational principles are applied to asana and meditation the results are faster, injuries are far fewer and your body can experience the full and healing energetics of asana.

INTENSIVE WORKSHOP FOR ADVANCED STUDENTS & YOGA TEACHERS

- Date** Sept. 29 & 30, 2016
Time 9.00 - 18.00 hours
(BREAK FROM 12.30-14.00)
- Bonus** Free handout: on many of the poses taught in this masterclass.
- Price**
- » Normal €450,-
 - » Early bird €420,-
BOOK BEFORE JUNE 1, 2016
 - » Members €400,-
TEACHERS DELIGHT YOGA
STUDENTS YOGA ROOTS
AMSTERDAM

Subscription/information

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**BY AADIL PALKHIVALA
THE CO-FOUNDER OF PURNA YOGA**

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