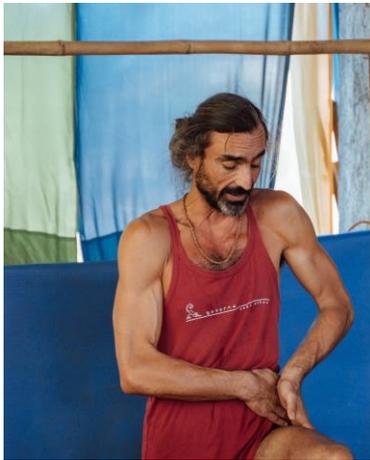# WORKSHOP mit Stefano Bendandi

Freitag 12. Juni   16.00 – 18.30 Uhr
Samstag 13. Juni 8.00 – 12.00 Uhr & 14.00 – 16.00 Uhr
Preis: Fr €50,-, Sa €100,- beide Tage: € 130,-

DAS YOGA HAUS
SALZBURG

Stefano teaches with rigorousness, dedication, precision, energy and love and he tries to transmit his passion to his students.

Stefano lehrt mit Gründlichkeit, Hingabe, Genauigkeit, Schwung und Liebe und versucht, diese Leidenschaft seinen Studenten zu vermitteln.

He has practiced Iyengar Yoga since 1998 and participated in numerous workshops with senior and advanced teachers in Europe and in India. He studies regularly at the Ramamani Iyengar Memorial Yoga Institute in Pune, in the Iyengar Yogashraya and Yogabhyasa in Mumbai and in the School of Iyengar Yoga in Ravenna. He started teaching in 2007, has been certified Iyengar Yoga in 2012. He teaches regularly in Gokarna. He conducts seminars in Italy and abroad.

Teaching language: English
….obwohl er ein temperamentvoller Italiener ist!

PROGRAMM:
Freitag 12.6. Asanas
Samstag 13.6. 8.00 – 9.00 Uhr Pranayama
9.30 – 12.00 Uhr Asanas
14.00 – 16.00 Uhr Regenerative

PREIS: Freitag € 50,-
Samstag € 100,-
beide Tage: € 130,-

Wir freuen uns auf Deine Anmeldung!

Information & Anmeldung:
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Wir freuen uns auf Euer Kommen!