

yogabind

GLENN CERESOLI

SENIOR IYENGAR YOGA TEACHER



AUCKLAND

Transform your understanding and approach to yoga and give your practice an added dimension.

Glenn will provide guidance and direction to inspire you further along the path of Yoga. The focus will be on the essential ingredients for the practice of yoga and toward achieving 'constant integrated awareness.'

FEBRUARY 2012

Friday 17

6.30 - 8.30 pm

Saturday 18

12.30 - 3.00 pm

4.30 - 7.00 pm

Sunday 19

9.30 - 12.00 am

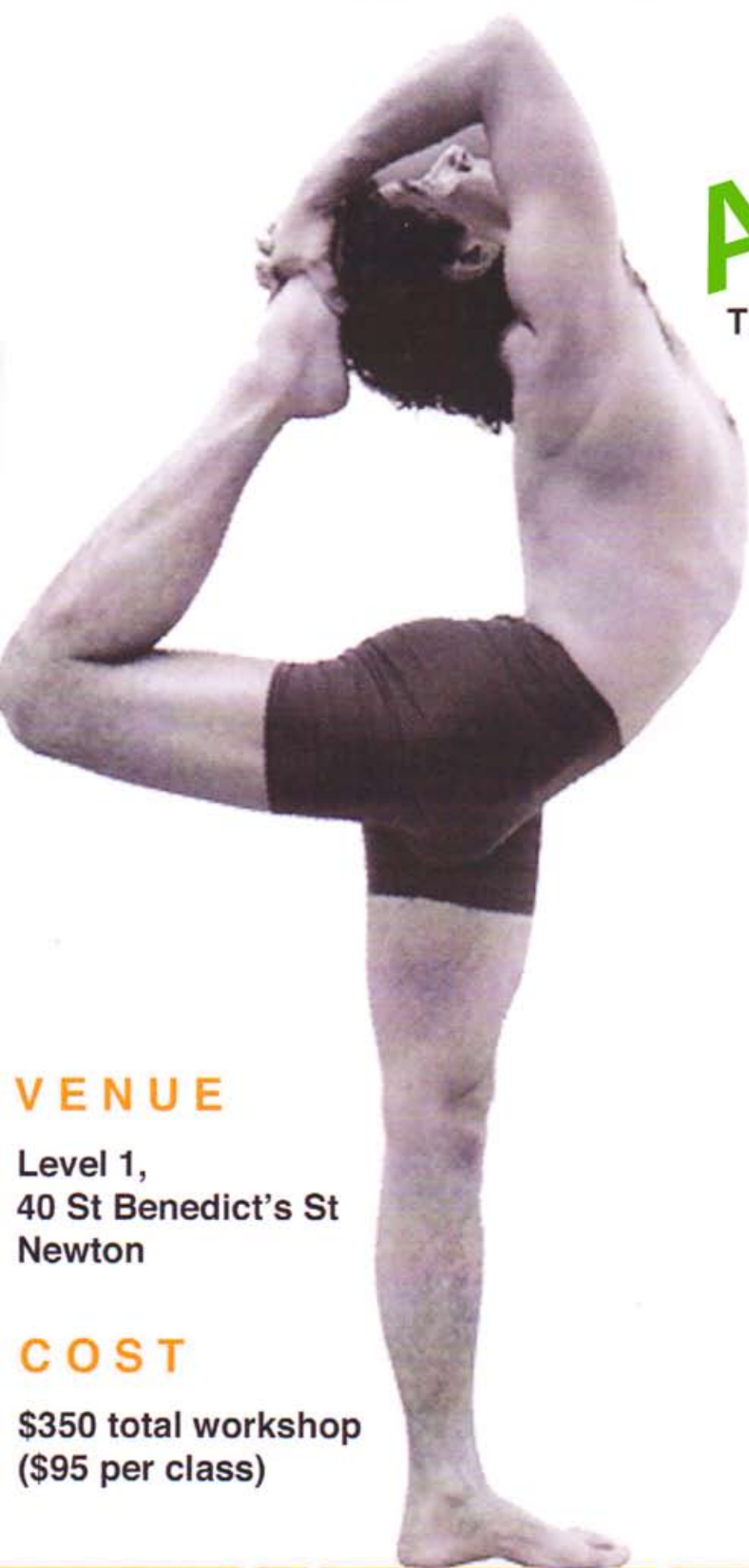
2.00 - 4.30 pm

CONTACT

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VENUE

Level 1,
40 St Benedict's St
Newton

COST

\$350 total workshop
(\$95 per class)