

BELLUR IYENGAR YOGA CENTER

Run By: BKSSN TRUST(R)

Presenting

ONLINE YOGA SESSIONS

From 10th To 13th, February-2022

Webcasting from Dr.BKS Iyengar International Yoga Center

Bellur Village, Kolar Dist,Karnataka, India-563133

Timing's: 6.00PM to 8.00PM (India)

Sunita Iyengar

Iyengar Yoga Teacher



About Teacher:

Sunita Iyengar, Daughter of Dr.BKS Iyengar. she teaches at the Ramamani Iyengar Memorial Yoga Institute and manages her own studio, the Iyengar Yoga Shala in PUNE. For over 30 years, she has been a key instructor in the medical classes alongside her sister, Geeta Iyengar, and her father, B.K.S. Iyengar, teaching students, as well as training teachers.

Sunita's instruction is strong, clear, and direct, with a discerning eye directed to the needs of each individual, similar in style to Geeta Iyengar. Her lifelong practice and work with her father enables her to create sequences focused to enrich and deepen the yoga practice.

Sunita leads the prayers for major Iyengar conventions and is known for the devotional resonance of her voice. She integrates the philosophical foundations of yoga throughout her work and life.

FOLLOW THE LINK TO REGISTER:

<https://tinyurl.com/Yoga-Sunita-Iyengar-Feb-2022>

Recording links will be shared for the further practice via Dropbx*
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