

# INTERMEDIATE LEVEL YOGA WORKSHOP



with  
**Peter  
Kosasih**  
at IY Yoga Studio, Tooting



Sunday 15th April 2018  
2:00pm-5:00pm – £35

This workshop will focus on intermediate level poses – suitable for students and teachers with an established personal practice and regular practice in classes for over 3 years. Students should be able to maintain a stable head balance (Sirsasana) and shoulder balance (Sarvangasana) for over 5 minutes.

Peter is a Senior Intermediate Level 1 teacher. He is a firm believer of aligning the body, mind and breath in improving postures and helping students to practice abiding in comfort and stability. His style is informative, systematic, and progressive, yet patient, warm and reassuring.

**Places are limited – Book now!**

 **IY YOGA**  
Iyengar Yoga Studio | Tooting | London

 @IYYogaStudio  
 Iyengar Yoga Studio Tooting



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