IYASW PRESENTS:

INTERLINKED AND INTERWOVEN

AN ONLINE WORKSHOP WITH
BRIAN HOGENCAMP

“All the eight petals of yoga are interlinked and interwoven. If one petal is explicit others are implicit and that is how yoga works.”

B.K.S. Iyengar

As the 8 petals of yoga are connected, this workshop will explore the “interconnectedness” of asana — threading actions in foundational asanas to more complex asanas.

October 15-17, 2021
Friday 4-6 pm (asana)
Saturday 9:30 am-noon (asana)
Saturday 4-6 pm (philosophy/inversions/pranayama)
Sunday 9:30 am-noon (asana)
AZ & Pacific Time

$135 Full Workshop
$120 for IYASW members
(Recordings available to registrants for a limited time after the workshop)

Devoted to the art, science and philosophy of yoga according to the teachings of B.K.S. Iyengar and his family, Brian is a keen practitioner who has been teaching full-time since 2004. He is first and foremost a student of this rich subject — and travels regularly to Pune, India to study at the Ramamanini Iyengar Memorial Yoga Institute (RIMYI). He is eager to share with students both his teachings — and the light that yoga can bring.