

# Iyengar Yoga Workshops

## with Deborah



**Sat Dec 9: 9:30am-12:00pm**

**Sun Dec 10: 9:30am-12:30pm**

### CONNECTING AND COMMUNICATING WITH THE LIMBS

Join senior Iyengar yoga teacher Deborah Lomond for this workshop at YOGAGROVE, PEI.

Students need one year of Iyengar yoga experience and must be able to set up for shoulder stand /chair shoulder stand.

**Cost: Sliding scale**

**To register contact [yogagrovepei@gmail.com](mailto:yogagrovepei@gmail.com)**