

A Weekend Workshop with

Sharoni Fixler

Senior Iyengar Teacher



November 7-8, 2025
In-Person at YogaView, NS

Register now via email at:
doubledlight@gmail.com

Cost: \$145

**payment due by Oct 15th, no refunds or cancellations
after this date unless your spot can be filled.*

Friday, November 7
5:00-7:00pm Restorative

Saturday, November 8
9:00am - 1:00pm Asana and Pranayama

A weekend of inspired, immersive practice infused with yoga philosophy, pranayama, tractions and openings and traditional asanas, including inversions.

The sequences are developed to progressively relax and awaken the whole body, balance the nervous system, unlock the joints and remove strain and stiffness. Then we move toward vibrant, energizing practice, to explore possibilities and go further.

Requirements: 1 year of Iyengar yoga experience & knowledge of how to set up for shoulderstand



902-318-4177

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Sharoni resides in Calgary, Canada and is the founder and director of CIY House of Yoga. She has a degree in Philosophy and has a lifelong interest in spirituality and human potential.

Sharoni began her yoga studies in 2002 and met the late Faeq Biria in 2007, a direct disciple of BKS Iyengar and ambassador to the world of Iyengar yoga. Faeq profoundly inspired her in the subject. Sharoni has also studied extensively with his wife, Corine Biria who was also a direct disciple of Guruji's.

Sharoni currently serves as national President of the Iyengar Yoga Association of Canada. She is a member of the Education Round Table and an assessor for teacher certification. Sharoni is also a mentor for apprentices and teachers.

She was a demonstrator and editor for Eyal Shifroni's book, Props for Yoga IV: Backbends. Sharoni holds a Level 3 Iyengar certification. She has taken multiple trips to India to study at the Iyengar Institute and had the opportunity to take classes with Geeta Iyengar. Sharoni also studies regularly with world renowned teacher, Jawahar Bangera, from Mumbai.

She brings intensity, enthusiasm and joy to her teaching and encourages dedication and insight. Sharoni believes in the transformative power of the practice to illuminate our living.



www.sharonifixler.com