

Honouring Geeta Iyengar:

A Yoga Workshop for Women's Health



Geeta was the foremost teacher of the Iyengar method before her death December 14, 2018. Her insights support women's health throughout every stage of our lives.

Join us

Friday, February 8 : 5:30-8 pm
for an all-levels class.

We shall explore Geeta's sequence to soothe the nervous system and balance the hormonal body.

\$45 to Kelly to register.

