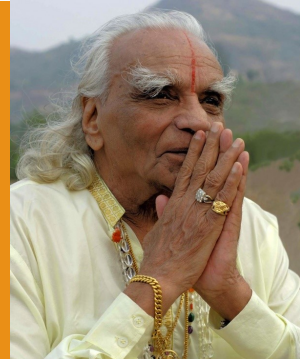


IYENGAR YOGA IN SRI LANKA

Two Mornings of Involved Yoga Practice in
Colombo, with the world renowned Yogachariyar
Sri Nandakumar



Iyengar Yoga Camp

A holistic program understanding the
connection between Asanas to Body,
Breath, Mind and Soul!

Over 2 days, on 28 and 29th January, 2023
@ the Ayiswari Amman Temple, Colombo 06

A contribution of Rs
5,000 is requested
to defray costs

Yoga enthusiasts of all levels of skills can participate,
however, some prior history of practice is encouraged

Contact: +94 774 318 713 or +94 770 578 933

*This camp is organised by Saraswathy Illam -
Ramanalayam, Kadduvan, Sri Lanka*



Nanda ji, is a Certified Iyengar Yoga Teacher who has had his formal trainings with the Iyengar family since the early 1990's. Nanda ji Owns and operates the Iyengar Yogashala in Kuala Lumpur, Malaysia and has helped establish numerous other yoga centers across South and South East Asia. As an engaged spiritual practitioner, he promotes a holistic approach to yoga.

