



Workshop

Iyengar Yoga



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15 - 16 March
2025

with **BARBIE ABELES**
Iyengar Yoga teacher - Level 3
from Argentina

Barbie Abeles is a certified Level 3 Iyengar Yoga teacher from Argentina. She has been practicing Yoga for 26 years and Iyengar Yoga for 20 years. Since 2013 until today, she has been visiting the Iyengar Institute in Pune, India, to study every year with the Iyengar family. In 2019, she spent a year living there with her teachers, immersed in her studies and the various practice and teaching spaces offered by the institute, including assisting general and remedial classes.

Barbie teaches her regular classes and workshops from Argentina but also teaches most of her classes online, from anywhere in the world. She has also taught in Uruguay, USA, Belgium, Switzerland, France, Italy and Spain.

Her classes are active and dynamic. With love and care, she conveys a kind of practice that aims at creating awareness and an understanding of what we do and why at every moment, over the mere execution of asanas. At the same time, her classes convey the aroma of the teachings from Pune.

Saturday

9h30-12h30 / 14h00- 17h00: for students with a **minimum of 1 year regular practice.**

Sunday

9h30-12h30: for **teachers and advanced students.**

Limited spaces only. Advanced booking is advisable.

A minimum of equipment you will need:

1 yoga mat, 3 blankets, 2 ropes and 2 bricks. For those traveling from afar, a limited number of equipment kits will be available.

Address:

Repère DES GLACIERES Studio
Rue de la Glacière, 18 1060 Saint-Gilles

Prices:

1 module: 45€

2 modules: 80€ / 3 modules: 115€

Priority for those attending the whole weekend (Saturday & Sunday)



For bookings, contact
Cristina, hello@yogalouna.be