

# WORKSHOP WITH BIRJOO MEHTA

1-2 NOVEMBER 2025

Centre de yoga lyengar de Bruxelles

## "TRANSFORMING RESOLUTE PRACTICE TO RIGHTEOUS PRACTICE"

By observing the sensation within the body (hardening, tightening holding )while getting into a posture and the sensation in the body while releasing the effort to ease into an asana, we can identify the difference between the two sensations and learn the process of effortless, sustainable, dharmic or righteous practices.

We will cover a few different techniques used by Gururji to make the asana effortless and show how recent development in neuroscience can explain why Gururji's techniques are effective.

## BIRJOO MEHTA

Birjoo Mehta, a prominent figure in the Iyengar yoga tradition, is renowned for his dedication to the teachings of B.K.S. Iyengar.

His parents and sisters all studied with Gururji, and he himself began practicing yoga in 1974, at the age of 16, directly under Gururji's guidance.

For over 40 years, Birjoo Mehta has remained an inspiring figure and a key ambassador of Iyengar® yoga around the world. His ongoing commitment reflects his deep respect for his master's legacy and his desire to humbly impart an authentic and profound understanding of yoga.

## SCHEDULE

Saturday 1/11

14h30 - 17h30 asana practice

Sunday 2/11

9h30- 12h30 practice

12h30- 14h lunch break

14h00 - 17h practice



## PRICES

SATURDAY 50€

SUNDAY 90€

WEEKEND 130€

HALF DAY SUNDAY 50€

## REGISTRATIONS

downpayment: 30€

BE34 2100 4586 5490 (Willy Bok)

Send proof of payment to  
willybok@belgacom.net



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BIRJOO MEHTA

prayatna śaithilya ananta  
samāpattibhyām Y-S II.47

"Asana begins when the  
effort ceases".