

Abhijata Iyengar i Latvia mai 2025

Dear Iyengar Yoga community,

We are very very happy to announce that we will be holding the IV Latvian Iyengar yoga convention lead by one of the most experienced teachers at RIMYI **Abhijata Iyengar**! She will be teaching in-person classes from May 16 - 18, 2025 in Riga, Latvia.

Convention will take place at the **H20 6 Quarter - Aistere Hall** ([Durbes iela 6, Riga, Latvia](#)) and it will take place over three days. Daily plan is as follows:

- Friday, May 16 (10:00 - 18:00, 5 hours of practice, question and answer session) - this day is aimed at yoga teachers but experienced practitioners are also welcome to join.
- Saturday and Sunday, May 17-18 (10:00 - 18:00, 5 hours of practice and 1 hour of talks with Abhijata each day) for all the practitioners.

Please note that you should have at least 2 years of regular practice of Iyengar yoga and master Salamba Sarvangasana and Salamba Sirsasana if you want to join this yoga convention (or a teacher's recommendation).

#### **Participation fees**

Three days: May 16 - 18

Full Price 350 EUR (Members of the Latvian Iyengar Yoga Association - 320)

Two days: May 17-18

Full Price 280 EUR (Members of the Latvian Iyengar Yoga Association - 250)

In order to register, please fill out [this form](#)

Your registration will be complete once you have filled out the form and transferred a deposit of 100 EUR.

Don't miss this opportunity to attend in-person teaching from Guruji BKS Iyengar granddaughter Abhijata Iyengar - the head of Iyengar yoga society, and be absorbed in her clear and deep teaching!

We are looking forward to welcoming and meeting you all in Riga, in May 2025!

We would kindly ask you to share this news with Iyengar yoga studios and teachers in your community!

Warmly,

Latvian Iyengar Yoga Association

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