



BIYAB www.iyengaryoga.be

B.K.S. Iyengar® Yoga Association of Belgium

Association belge de B.K.S. Iyengar® Yoga

Belgische B.K.S. Iyengar® Yoga vereniging

**Bruxelles
Brussel
Brussels**

**11-12/
05/
2013**

B.K.S. Iyengar® Yoga Convention Rita Keller



Rita has been practicing Iyengar Yoga since 1974 & is a senior teacher in Germany, principal of the "Iyengar Yoga Institute Rhein-Ahr", and the Ayurvedic health center "Samdosha". She travels regularly to study with the Iyengars in Pune, India and she holds an Intermediate Senior III certificate from Guruji.

Rita is well recognized as one of the most respected and experienced Senior Iyengar Yoga teachers in Europe. A *Teacher of teachers*, Rita conducts teacher-training programs across Europe, at Guruji's request.

In addition to her powerful teaching within the class room, Rita has proven herself to be an outstanding teacher using the written word. She is the co-author of "Iyengar Yoga For Motherhood", with Dr Geeta Iyengar and Kerstin Khattab and is currently co-writing a follow-up book on Iyengar Yoga for Menopause.

Rita's natural and precise teaching style directs her students to greater awareness and understanding of yoga.

Programme / Programma / Program

Saturday

9h Accueil/Onthaal/Reception
9h30- 12h30 Pratique/Praktijk/Practice
12h30 – 14h Pause/Pauze/Break
14h- 17h Pratique /Praktijk/Practice

Sunday

9h Accueil/Onthaal/Reception
9h30- 12h30 Pratique/Praktijk/Practice
12h30 – 14h Pause/Pauze/Break
14h- 17h Pratique /Praktijk/Practice

Lieu /Plaats/Location Sa+Sun

ULB - Institut Supérieur d'Education Physique et de Kinésithérapie
Avenue Buyl 87A - 1050 Bruxelles (Ixelles/Elsene)

Bâtiment E1 – Grand hall de sports | Gebouw E1 – Grote sportzaal | Building E1 – Big gym hall

Transport public/Openbaar vervoer/Public transport

Tram 94 & 25, bus 71 & 72: 'ULB' – Tram 23: 'Buyl' + 5' à pied/te voet/walk

Important/Belangrijk

Accessible aux membres BIYAB ayant au moins 1 an d'expérience en Yoga Iyengar.
Apportez 1 tapis, 2 briques, 3 couvertures, 2 ceintures.

Toegankelijk voor BIYAB-leden met minstens 1 jaar Iyengar Yoga praktijk.
Breng 1 mat, 2 blokken, 3 dekens en 2 riemen mee.

Accessible for BIYAB-members with at least 1 year Iyengar Yoga practice.
Bring 1 mat , 2 bricks, 3 blankets and 2 belts with you.

Participation/Deelname

Weekend (Sa+Sun) 100€
Samedi/Zaterdag/Saturday 60€
Cotisation/Lidgeld/Membership 10€

Sur le compte/ Op de rekening/ On the account:
210-0461825-60
International payment:
BIC GEBABEBB IBAN BE73 2100 4618 2560

*"Our body is the
bow and the asana
are the arrows to hit
the target, the soul"*



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*Réservation après paiement complet /Reservatie na volledige betaling/Confirmed upon full payment
Si annulation avant le 11/04/2013 remboursement de 50% / Bij annulatie voor 11 april 2013: terugbetaling van 50% /Reimbursement of 50% upon cancellation before April 11, 2013*