

IYENGAR YOGA WORKSHOP

with DR. ABHAY and USHA KESTE

GENOA 15, 16, 17 NOVEMBER 2019

Dr. Abhay Keste, our honoured guest from Belgaum, will teach all of the asana and pranayama sessions. The workshop will be translated in Italian.

After completing the degree in HOMEOPATHIC MEDICINE AND SURGERY in 1994, he took up the yoga training at RAMAMANI IYENGAR MEMORIAL YOGA INSTITUTE (RIMYI) for two years. He visits RIMYI every year to refresh his knowledge. "I am practising Iyengar yoga from my childhood under my father's guidance who has been practising Iyengar Yoga from last 25 years."

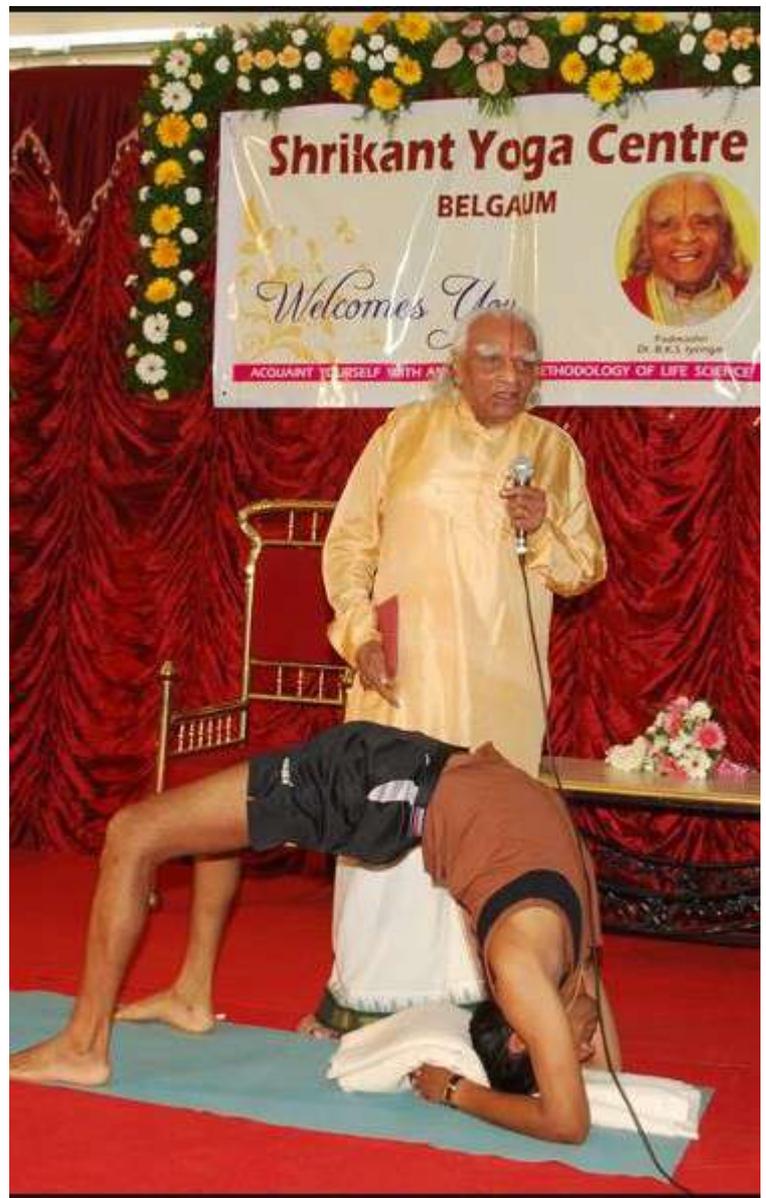
He runs two yoga centers both named "SHRIKANT YOGA CENTRE" at two different locations in Belgaum City. His second yoga center was inaugurated by GURUJI (Shri B.K.S. Iyengar) on Oct 31, 1999.

In 2009 Gururji awarded him with the Advance Junior I certificate. He regularly teaches seminars in China, in the United Arab Emirates and in Rishikesh. He has been to medical institutions and engineering factories to demonstrate and teach Yoga. He conducted classes for Doctors at INDIAN MEDICAL ASSOCIATION.

"Myself being a homeopathic doctor I have in-depth knowledge of anatomy, physiology and pathology. My medical background along with BKS Iyengar way yoga helps me to treat people suffering from diseases like Blood pressure, Diabetes, PID, Arthritis, Spondylitis, Migraine, Paralysis, IBS, etc by the art of yoga only. My focus these days is mainly towards medical treatment using my own developed instrument."

Usha is specialized in ladies' problems varying from menstrual problems to pregnancy and post-natal problems.

She is regularly taking ladies' general classes as well as working in medical classes to take care of patients specially having problems like Menstrual diseases, Menorrhoea, endometriosis, Prolapsed uterus, etc.





Saturday 16 November 2pm to 5,30pm

TRANSFORMER, presentation and trial

Invented by Dr Abhay Shrikant Keste, Shrikant Yoga Centre

HOW IS MADE

It is made up of **strong pipes** to carry the body of a person. The **wooden plates** are on two horizontal pipes to rest on it. **It creates support in all directions** front, back, bottom and top.

HOW IT WORKS

TRANSFORMER is **adaptable quickly** to all the types of Yoga poses: standing, back bending, forward bending, twisting and inversion poses. The plates moving on two parallel pipes, help to create a platform at various slopes, the movable accessories give support to a curve for many back arching poses.

WHAT IS FOR

In one structure you find the **functionality of most of the Iyengar Yoga props**. It facilitates Yoga actions to **attain proper postures for longer time**; to explore the layers of body; to get physical, physiological and mental health; to get into meditation. TRANSFORMER helps to **learn advanced Yoga poses** as it gives required support to stay in them by cutting down the total effort into multiple small efforts.

TRANSFORMER is useful to everyone: beginners, advanced practitioners, patients.

It is disassembled in a few minutes and is easily packed for transport. It can be installed on the wall of a house or a Yoga studio.



Event Location

The seminar will be held in a room near the Yoga Aruna - IYENGAR® School, Salita Pallavicini 8 nero, 16123 Genova Genova, in the historic center of Genoa



Cost and Registration

Complete seminar, € 205 + € 25 per membership card and insurance. It includes all yoga sessions. Single class sessions may also be available for 65€ each one after 15th October. Places are limited, to reserve participation are required to pay the full amount of € 230 on bank account.

Warning!!! If the reservation is made within 30th September, the amount owed is € 210; if the booking is made within 31th September and has less than 40 years, the amount due is € 190.

Intestatario: Stefano Bendandi
BANCA POPOLARE DELL'EMILIA ROMAGNA
IBAN: IT02A053871312000001815624
Codice BIC: BPMTIT22XXX

Registration 2

Afterwards send by mail the transfer receipt and the 'fill up' form to info@yogaruna.com

Cancellation policy: In case of cancellation before 15 October 2019 will be refunded the amount paid reduced by 50 €. In case of cancellation after this date there is no refund



Accommodation and way to come

Genoa has an airport and some low-cost flights are available; Volabus is the connection service between the Genoa airport and the city center. Milan airports and Bergamo Orio al Serio airport guarantee low-cost flights from all over Europe, the connection with Genoa is by bus or train. Also Pisa airport offer low cost flights and it is connected to Genoa by train. **We recommend that you plan your trip and purchase your ticket well in advance.**

- .b&b lavagna uno albertapainting@gmail.com
- .b&b la rosa d'oro
- .manêna hotel genova www.manenahostel.it
- .casa orefici, via degli Orefici
- .b&b la meridiana
- .b&b i tetti di genova
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- .b&b cá sanlò casanova.altervista.org
- .www.hintownapartments.com/listings?city=Genova

More...

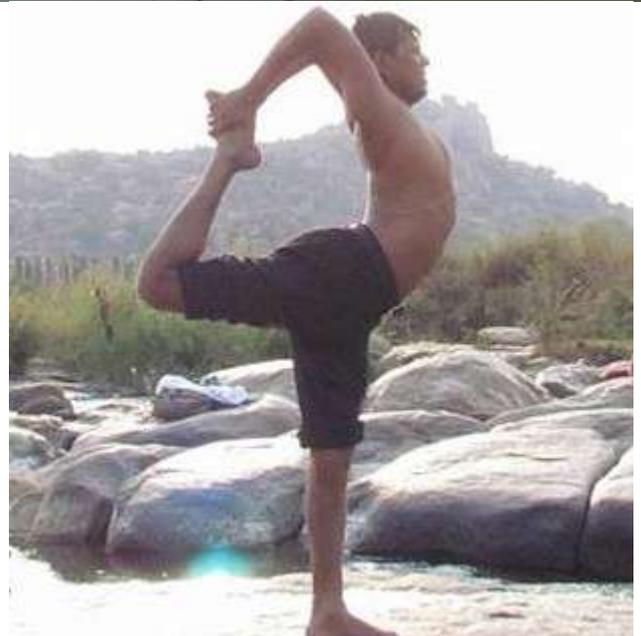
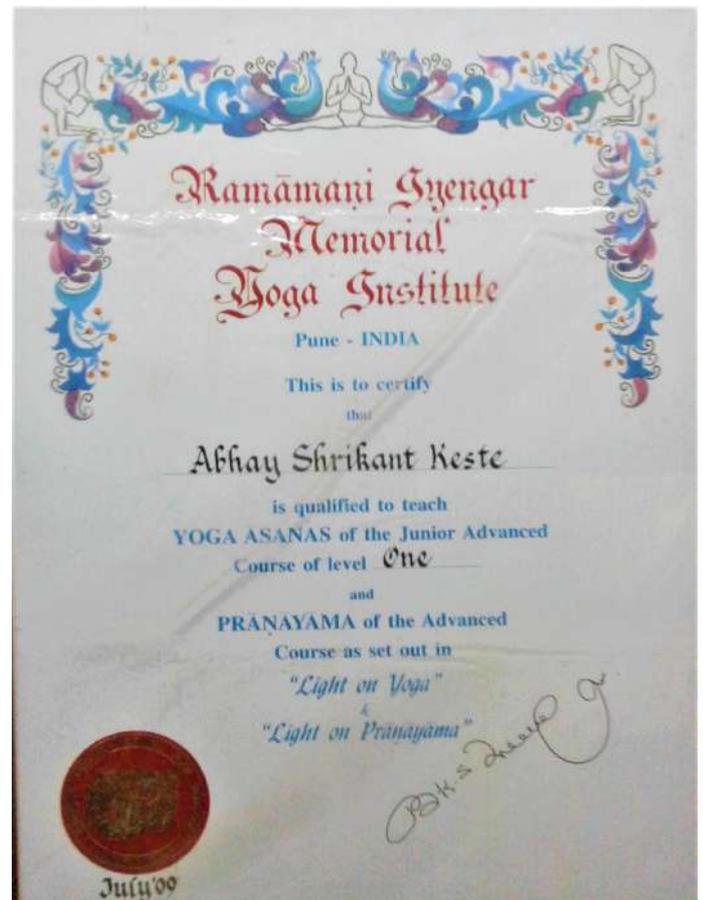
Required props: 2 straps, 2 blocks, your shoulder stand set up. If you are unable to provide your own props, please specify the request in the 'fill up' no later than October 15 (rent €20); we'll give priority to those traveling by plane.

Requirements for students: registrants must be current Iyengar Yoga students with one year experience, and must be confident in Sirsasana and Sarvangasana, either in the room or at the wall. For more information about the event or the registration process, please contact:

Stefano Bendandi or Francesca Ferrero
info@yogaruna.com

Schedule (subject to change)

Friday 15/11/19	Saturday 16/11/19	Sunday 17/11/2019
	9.00-12.30 Asana & Pranayama	9.00-12.30 Asana & Pranayama
16.00- 19.30 Asana	14.00- 17.30 TRANS- FORMER presentation	14.00- 17.30 Asana



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P H O T O (discretionary)	
PERSONAL INFORMATION	
Name	
Telephone	
E-mail	
Nationality	
Date of birth	
codice fiscale fiscal Code	
IYENGAR YOGA EXPERIENCE	
• Dates (from – to)	
DO YOU NEED A SET OF REQUIRED PROPS? (2 STRAP, 2 BLOCKS, 4 BLANKETS) HAI BISOGNO DELL'ATTREZZATURA? (2 CINTURE, 2 MATTONI, 4 COPERTE)	

Il/la sottoscritto/a si iscrive al Seminario residenziale di Iyengar®Yoga con DR. ABHAY e USHA KESTE, GENOVA 15, 16, 17 NOVEMBRE 2019

The undersigned signs up for the Iyengar® Yoga residential seminar with DR. ABHAY and USHA KESTE, GENOVA 15, 16, NOVEMBER 17, 2019

Send this to info@yogaruna.com with the received of deposit and your inscription will be completed
 Invia questo a info@yogaruna.com con la ricevuta dell'anticipo e la vostra iscrizione sarà completata
 You will complete the payment of the workshop and other services on Friday before class.
 Completerai il pagamento del seminario e degli altri servizi il venerdì prima della lezione.