



props:  
For logistic reasons we can't offer props.  
Please bring with you: 1 mat, 1 belt, 2 bricks,  
3 blankets.

### registration form

please fill in and send it to: [info@iyengar-yoga-deutschland.de](mailto:info@iyengar-yoga-deutschland.de)

.....

first name, family name

.....

street and house no.

.....

postcode, city/town

.....

state

.....

email

Notice: during the Convention photos will be taken  
for our website

.....

signature

fee:

- A - for all western European countries: 260 Euro
- B - for all eastern European countries: 220 Euro
- C - for IYD members: 220 Euro

- Samstag:  A (105 Euro)  B (90 Euro)  C (90 Euro)
- Sonntag:  A (105 Euro)  B (90 Euro)  C (90 Euro)
- Montag:  A (50 Euro)  B (40 Euro)  C (40 Euro)

## IYENGAR® YOGA CONVENTION 2018

### PROGRAM:

#### SATURDAY, 19TH OF MAY 2018

08.00 ADMITTANCE  
09:00 – 10:00 PRANAYAMA  
PAUSE  
10:30 – 13:00 ASANA  
PAUSE  
15:30 – 17:30 ASANA

#### SUNDAY, 20TH OF MAY 2018

09:00 – 10:00 PRANAYAMA  
PAUSE  
10:30 – 13:00 ASANA  
PAUSE  
15:30 – 17:30 ASANA

#### MONDAY, 21ST OF MAY 2018

09:00 – 10:00 PRANAYAMA  
PAUSE  
10:30 – 13:00 ASANA  
13:00 OFFICIAL FAREWELL

### VENUE:

Wiener Stadthalle  
[www.stadthalle.com/en](http://www.stadthalle.com/en)

### ORGANISATION/REGISTRATION:

IYENGAR YOGA Deutschland e. V.  
Pappelallee 24 in 10437 Berlin  
Fon +49 (0)30.54714030  
Fax +49 (0)30.54714032  
[info@iyengar-yoga-deutschland.de](mailto:info@iyengar-yoga-deutschland.de)  
[www.iyengar-yoga-deutschland.de](http://www.iyengar-yoga-deutschland.de)

### BANKDETAILS

IYD e.V.  
Postbank Leipzig  
IBAN: DE22 8601 0090 0607 2799 09  
SWIFT: PBNKDEFF



# IYENGAR Yoga Convention

## 19th to 21st May 2018

### with Birjoo Metha

### in Vienna/Austria

Wiener Stadthalle





## B.K.S. IYENGAR

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2018 is B.K.S. Iyengars Centennial Year! Yogacharya B.K.S. Iyengar (1918-2014) with his intellectual and spiritual practices has masterminded the techniques which can be used by all practitioners of yoga. „Research based experience“ and „experience based research“ has helped him in evolving this technique which is now known as “Iyengar Yoga“. He has therefore made it possible for ordinary human beings to experience the wisdom of the yoga sutras.

## IYENGAR® YOGA

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Iyengar® Yoga is meant for all and is a way of life.

In Iyengar® Yoga we focus on standing poses, twists, forward and back extensions as well as restorative poses and inversions. These are practiced in particular sequences with varying key points. Another main element in Iyengar® Yoga is Pranayama (breathing techniques) which works on even more subtle levels.

The use of props, designed by B.K.S. Iyengar, such as wooden bricks, belts and ropes can help the practitioner to achieve a certain asana (yoga pose).

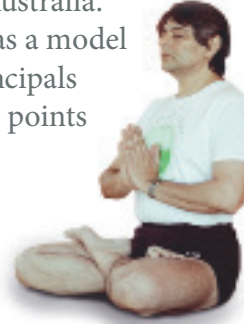
Regular practice of Iyengar® Yoga is a means to integrate body, mind and emotions.

## BIRJOO MEHTA

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Birjoo H. Mehta is from Mumbai, India and one of the world’s most Senior Iyengar® Yoga teachers. He started practicing Yoga 1974 under the guidance of Yogacharya B.K.S. Iyengar and accompanied him on many of his journeys to Asia, Europe, USA and Australia. B.K.S. Iyengar used him as a model to demonstrate basic principals of the poses and the finer points of practice.

Yoga Conventions in the USA, England, Spain, France and Southafrica.



He conducted Seminars in Israel, Ireland, Hong-Kong, Canada and the US.

Birjoo’s knowledge of yoga and his understanding of B.K.S. Iyengar’s method is unique in its depth. His ease and familiarity with Western concepts and practices and his eloquent ability to articulate the intersection between B.K.S. Iyengar’s teachings and contemporary society provide an extraordinary opportunity to penetrate deeply into Iyengar Yoga.



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19th to 21st May 2018  
with **Birjoo Metha**  
in **Vienna/Austria**

TO  
IYD e.V.  
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