



# INGA GREVZTOV

*Intensive Workshop March 10-11-12, 2017*

## About Inga

Inga is known for her knowledge, ability, generosity and talent. Her powerful and harmonious demonstrations of the poses, her precise descriptions, and her skillful adjustments bring forth the correct movements from her students.

We are very happy to be hosting Inga for a third straight year at Yoga Iyengar 91!

## Inga's Background

Born in Russia, Inga started yoga after having immigrated to Israel, her adoptive country. There, she attended a workshop with Faeq Biria and elected him as her teacher.

She moved to France and began intensive higher training and study under Biria and his wife, Corine Biria, at the Centre de Yoga Iyengar de Paris. Even as she taught regular yoga classes, she rapidly took the exams for higher certification and learned how to train teachers in the Iyengar method. In 2009, a « Senior » teacher known for her abilities as a teacher and teacher-trainer, she moved back to Tel Aviv.

Today she teaches in Tel Aviv, and travels to give workshops in Norway, Sweden, Denmark, and Brazil, as well as in France.

## Days and Times

Friday 10 MARCH 2017	Saturday 11 March 2017	Sunday 12 March 2017
	10h-13h	9h-12h
17h30 welcome desk opens	13h lunch	12h lunch
18h-21h «KURUNTA »	15h00-18h	13h30-16h30 deep relaxation and pranayama

# Registration

## Levels :

Friday «KURUNTA» : 3 years of practice required.

Saturday : salamba sarvangasana required

Sunday: salamba sarvangasana required

## Fees :

Friday = 60€

Saturday = 110€

Sunday = 110€

The 3 days = 250€

Language : Inga will teach in English ; no translation will be provided.

Numbers : Our space limits the number of participants to 26, and necessitates the reservation of your place by advance payment of half of the fees.

Priority : Those wishing to do the workshop in its entirety have priority.

How to reserve your place : Send us your registration packet as soon as you can.

Registration packets are marked according to the date they are received. We will attend to requests for a place on the entire workshop up until and including the 20<sup>th</sup> of February 2017.

Beginning on the 21<sup>th</sup> February 2017 we will attend to requests for partial attendance, according to their arrival date.

If no place can be attributed to you, we will send you back your check of advance payment in the stamped self-addressed envelope you included in your registration packet.

Cancellation : Until 20<sup>th</sup> of February 2017—your advance payment check will be given back to you. After that date no re-imbusement can be made.

## To include in your Registration Packet:

--the filled out registration form

--a stamped, self-addressed envelope

--a check made payable to **DSYI (Diffusion Sciences de Yoga Iyengar)**

Send the packet to :

Yoga Iyengar 91

91, rue du Faubourg Saint-Martin

75010 PARIS

For further information, please do not hesitate to contact me at : [dameliotoni@gmail.com](mailto:dameliotoni@gmail.com)

## The Day of Your Session

Welcome : the welcome desk is open ½ hour before the session. Be a little early to pay the remainder of your fees, which you can do in cash or by check.

Address : 91, rue du Faubourg Saint-Martin 75010 PARIS.

Access : the code of the coach door = 2416 ; we are at the back of the courtyard

Props : there is no need to bring your yoga material as everything is provided by the YI91.

Food : we provide a light vegetarian meal between sessions on Saturday and Sunday.

## Registration Form

Please paste your photo

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Email \_\_\_\_\_ Mobile Phone \_\_\_\_\_

I am a student of \_\_\_\_\_ and practice for \_\_\_\_\_ years.

Use this space to inform us of any health problems :

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Need a receipt ? Give us the particulars : \_\_\_\_\_

Priority registration (*the full 3 days*) :

- I have been practicing for at least 3 years, wish to attend the entire workshop Friday 10, Saturday 11, and Sunday 12 March, and enclose a check of advance partial payment of 125€.**

Requests for Partial Participation (*it is possible to cumulate sessions, in which case, your check should be for the sum of the partial payments*) :

- I have been practicing for at least three years, wish to register for the Friday 10th of March "Kurunta" session, and enclose a check of advance partial payment of 30€**
- I practice shoulderstand, would like to register for the two sessions on Saturday, March 11th, and enclose a check of advance partial payment of 55€**
- I practice shoulderstand, would like to register for the two practice sessions on Sunday, March 12, and enclose a check of advance partial payment of 55€**