

The B.K.S. Iyengar School of  
**YOGA**

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Yoga Vidya, Sickingerstrasse 6, 3014 Bern

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# YOGA SADHANA 2010

**FRIDAY, 19. FEBRUARY**

**SATURDAY, 20. FEBRUARY, SUNDAY 21. FEBRUARY**

*(Standing Poses, Inversions and Pranayama)*

**FRIDAY, 28. MAY**

**SATURDAY, 29. MAY, SUNDAY 30. MAY**

*(Forwardbendings, Inversions and Pranayama)*

**FRIDAY, 20. AUGUST**

**SATURDAY, 21. AUGUST, SUNDAY, 22. AUGUST**

*(Backbendings and Inversions)*

**FRIDAY, 26. NOVEMBER**

**SATURDAY, 27. NOVEMBER, SUNDAY, 28. NOVEMBER 2009**

*(Balancings, Inversions and Pranayama)*

**Timings:** Friday: 18.00 - 20.00  
Saturday: 10.00 -13.00 / 14.00 -16.30  
Sunday: 10.00 -14.00

**Costs:** Fr. 180.- / Fr.150.- for students and unemployed persons

*All classes will be taught in English!*

Inscriptions through e-mail: [info@yogavidya.ch](mailto:info@yogavidya.ch)

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