

中國澳門瑜伽體育總會

Yoga and Sports

General Association of
Macau, China.

Gloria Goldberg Workshop 2010

B.K.S.Iyengar Yoga Institute of Macau
Macau Yoga Centre

September 17-19

Gloria Goldberg is a senior Iyengar instructor and long-time student of BKS Iyengar. We are fortunate to have her teaching which is always direct from the source.



*Your body is the child of your soul.
You must nourish and train your
child.* *BKS Iyengar*

The opportunity to study with Gloria Goldberg is a gift for all students. Gloria's teaching is a testament to her years of study with the Iyengars and her deep dedication to her personal practice.

Gloria's style is pure Iyengar: clear and concise. She has the rare ability to convey intricate and sophisticated information with an economy of words which makes her classes accessible to everyone. This is a wonderful series for students who have never taken a workshop before and are looking to deepen their practice, as well as for teachers and seasoned practitioners who want more opportunities to study with Gloria. Students of all levels are welcome and encouraged to attend. Gloria Goldberg has taught Iyengar yoga since 1980 and has been a certified Iyengar yoga teacher since 1987. While director of the B.K.S. Iyengar Yoga Institute in Los Angeles, she recognized the need for a formal teacher training program. With the approval and guidance of B.K.S. Iyengar, she founded the program in 1992. Gloria is director and co-curriculum coordinator of the IYASC and UC Riverside teacher training programs. She is a teacher and the director of the B.K.S. Iyengar Yoga Center of La Mesa in San Diego, California.

CLASSES OPEN TO ALL STUDENTS

VENUE: HOTEL EMPEROR 2/F

17th Friday : 7 - 9 pm (free)

Please Register by SMS 6662 0386

TEACHER TRAINING - JR. INTERMEDIATE

VENUE: MACAU YOGA CENTRE

18th Saturday : 3 - 6 p.m. @MOP800

19th Sunday : 9:30-12:30 p.m. @MOP800

19th Sunday : 3 - 6 p.m. @MOP800

please attend all 3 classes @MOP2,000

Space is limited, sign up now!



<http://www.yogamacau.com>