



**December  
15-18, 2021**

**6.30 pm - 8.00 pm IST**



Ramamani Iyengar Memorial Yoga Institute

Ever since the pandemic struck, we have each one of us been subjected to various distresses - physical, mental, physiological, emotional, financial and spiritual. Some of us have lost our near and dear ones.

It is tragic. We hope you are well.

Let us reconnect.

Technology has made it easier for us to practice from the confines of our homes.

The thread which binds us still shines brightly. The love for yoga and our attraction towards practice can still bring us together.

Yoganushasanam 2021 -

Let us focus only on practice. This year, as a symbol of our togetherness, there will be no fees charged for this course.



Conducted by:  
**Abhijata Iyengar**

Visit

<https://rimyionlineclasses.as.me/Yoganushasanam2021>

for more details

Sono aperte le iscrizioni per YOGANUSHASANAM 2021 che si terrà dal 15 al 18 dicembre 2021 dalle 14:00 alle 15:30 (ora italiana).

Minimo due anni di pratica con un insegnante di IYENGAR® Yoga, le iscrizioni si chiuderanno il 14 dicembre.

Le registrazioni delle lezioni online saranno disponibili per una settimana.

Per domande potete scrivere a [support@rimyi.zendesk.com](mailto:support@rimyi.zendesk.com).

Link per registrarsi: <https://rimyionlineclasses.as.me/Yoganushasanam2021>