



Studio Iyengar® Yoga A.P.S.

30 anni di pratica

30 years of practice

via Bernardino Galliari 15 bis

1996-2026

2026

20 anni di pratica

20 years of practice

via Matteo Pescatore 2

2006-2026

Una storia, due sedi, una pratica

One story, two locations, one practice

SATURDAY 24 – SUNDAY 25 OCTOBER 2026

ALL IS VIBRATION

body, breath, sound, speech

To come together again, to practise Iyengar Yoga,
and to celebrate a story that continues

● Workshop with teacher **VIRENDRA (VIRU) NAIK**



Raised at **RIMYI in Pune** from the age of nine, he studied with **B.K.S. Iyengar, Geeta Iyengar, Prashant Iyengar and Abhijata Iyengar**, and taught at the Institute for about ten years.

Close to the teachings of **Prashantji**, which continue to guide his practice, he has taught in **Japan, the United States, Argentina, Uruguay and Europe**, and brings to Turin the **roots of the tradition as he lived them in Pune**.

● "Sound Takes Shape"

with **PAOLO RAVA**, Iyengar Yoga teacher and engineer

● And... a **SURPRISE**

● The various activities will take place over the two days

● **Saturday 17.00 – 19.00** ● **Sunday 8.00 – 12.00** **15.00 – 19.00**

● Fee: € 190 – Deposit: € 70 (non-refundable)

● All levels welcome

● Sunday's lunch is provided by the school

● **Location: Pure Love Yoga – via Bogetto 4/G – 10144 Torino**

For info and registration ☎ **011 6698099** ✉ **info@studioyoga.it**