

# WORKSHOP WITH CHIARA TRAVISI

## ABOUT CHIARA

CHIARA IS A FOUNDING MEMBER OF THE IYENGAR YOGA INSTITUTE MILANO, SHE TRAINED WITH EMILIA PAGANI, OBTAINING INT. JUNIOR III IN 2016.

SHE REGULARLY STUDIES WITH THE IYENGAR FAMILY IN INDIA AT THE RAMAMANI IYENGAR MEMORIAL YOGA INSTITUTE (RIMYI) IN PUNE

SHE ATTENDED THE THREE- YEAR COURSE ON IYENGAR® YOGA THERAPY WITH STEPHANIE QUIRK AND FURTHER EXPLORED THESE ASPECTS WITH EMILIA PAGANI AND LOIS STEINBERG.

SINCE 2011, SHE HAS ACTIVELY COLLABORATED WITH LIGHT ON YOGA (LOY) - THE ITALIAN ASSOCIATION OF IYENGAR YOGA - WHERE SHE SERVES AS AN EXAMINER AND TEACHER TRAINER.

**IYENGAR YOGA CENTER OF BRUSSELS**  
26 RUE DE LA CUVE 1050 IXELLES

## SCHEDULE

**SATURDAY 14H30 - 18H00 ASANA PRACTICE**

**SUNDAY 9H00 - 10H00 PRANAYAMA**

**10H30 - 13H00 ASANA PRACTICE**

**14H30 - 16:30 ASANA PRACTICE**

## FEES&REGISTRATION

**SATURDAY + SUNDAY 110€    SATURDAY 50€    SUNDAY 65€**

**TO REGISTER SEND 30€ TO WILLY BOK BE34 2100 4586 5490**

**WRITE WEEKEND OR SAT OR SUN AND SEND PROOF TO**

**WILLYBOK@BELGACOM.NET**



**1-2**  
**JUNE 2024**

