

# BELLUR IYENGAR YOGA CENTER

Run By: BKSSN TRUST (R)

Presenting

## ONLINE YOGA SESSIONS

From 12th to 14th, August-2022

Zoom Meeting from Dr.BKS Iyengar International Yoga Center

Bellur Village, Kolar Dist, Karnataka, India-563133

Timing's: 6.00pm to 8.00pm (India)

*Dr. Rajlaxmi S. Nidmarti*  
**Senior Iyengar Yoga Teacher**



### About Teacher:

Rajlaxmi Nidmarti Yoga Head Instructor at Ramamani Iyengar Memorial Yoga Institute.

We are delighted to announce that we will be hosting three Live-stream yoga Classes with Dr Rajlaxmi Nidmarti. These classes are suitable for students with two years or more of regular Iyengar yoga practice.

Dr. Nidmarti Rajlaxmi has a doctorate in ayurvedic medicine, a practice in gynecology. She worked as a full-time doctor, when she began taking classes at RIMYI Institute and has trained directly under Guruji, Dr.B.K.S. Iyengar. She has been teaching Iyengar yoga full time at the Institute for 22 years.

She has assisted with medical classes for 17 years and also been part of Geetaji's entourage when they were taught Therapeutic Yoga in USA. She has given workshops in the United States, Germany, France and England, Finland, Japan and in Denmark.

From the many years of study with BKS Iyengar, Dr. Geeta S. Iyengar and Prashant Iyengar, she communicates a wealth of knowledge, experience and expertise.

### Instructions Before Register:

- ✓ Minimum 2-year Iyengar Yoga practice under recognized Iyengar Yoga Teacher is required.
- ✓ Recognized Iyengar Yoga Teachers list can be found in [www.bksiyengar.com](http://www.bksiyengar.com)
- ✓ If you suffer from any injuries or disease it is best to consult with your physician before joining these sessions

Follow the link to Register:

<https://tinyurl.com/Yoga-RSN-Blr-2022>

Recording links will be shared for Viewing via Dropbox

Terms & Conditions Apply



Scan To Register