

Iyengar Yoga Intensive

with James Bahuth

Friday 9 to Sunday
11 August 2024

- A Senior Iyengar yoga teacher with more than 30 years experience
- Extensive meditative therapies background
- Teacher trainer and assessor



Bookings now open at ballinayoga.com or contact Helen on 0439 023 389.

We're delighted to welcome back Melbourne-based Senior Iyengar teacher James Bahuth to our studio for this special 3-day intensive. James is a dynamic and introspective teacher who seeks to bring "a more centred, balanced and light hearted" approach to our yoga practice and learning.

Session times are:


Friday 9 August - 5.00 to 7.00pm

Saturday 10 August - 7.00 to 10.00 am; 3.00 to 5.00pm

Sunday 11 August - 8.00 to 11.00am

Full intensive price: \$280 - payments online or at the studio.

 ballinayoga.com

 182 River Street, Ballina NSW 2478

