

## Workshop med Henryk Liskiewicz, 21. - 23.september, Trondheim

This is Henryk Liskiewicz' from Sydney, Australia first visit to Norway.

	<p>Fredag 21/9, kl. 18.00 - 20.30 Lørdag 22/9, kl. 10 - 13 og kl. 15.00 - 17.30 Søndag 23/9, kl. 10.00 - 13.00</p> <p><b>Kursavgift:</b> kr. 2.000. Early bird; Innbetalt kursavg. før 1.september kr. 1870.</p> <p>Du er sikret plass ved påmelding av kursavgift.</p> <p><b>Passer for:</b> Kurset er for alle som har praktisert yoga i minst 1 år.</p> <p>Henryk underviser på engelsk.</p>
<p>Hvor: YOGA Trondheim, Asbjørnsens gt. 3, 7052 Trondheim, Norge Påmelding: mail til <a href="mailto:jorid@yogatrondheim.no">jorid@yogatrondheim.no</a> eller via <a href="http://www.yogatrondheim.no">www.yogatrondheim.no</a></p>	

Henryk began practicing Iyengar Yoga in 1984 and has taught since 1993. He holds a Senior Intermediate Level Three certificate, making him the most senior teacher in Poland. He teaches at the Sydney based Iyengar Yoga studio Iyengar Yoga Space <http://www.iyogospace.net>.

Henryk began his study of Iyengar Yoga in 1984 while at university, where he earned a Masters in Pedagogy. The teachings of Sri B.K.S. Iyengar instantly stuck a chord with Henryk and he became a dedicated and enthusiastic student making numerous trips to Pune, India.

*Henryk has the blessing of Guruji to conduct Therapy classes, Teacher Training Programs, Continuing Education Courses and Assess teachers as part of the Certification Program. Over 20 years of teaching, Henryk has taught thousands of students, including many who have gone on to become Certified teachers themselves.*

In 2008 he completed a three-year course with Stephanie Quirk in the Therapeutic Application of Iyengar Yoga at the Iyengar Yoga Institute in Cologne, and has assisted the Iyengars in the Medical Class at RIMYI since 1997.

He himself teaches workshops internationally, in Europe, Asia and Australia.

Almost three decades of practice have shown Henryk the power, complexity, completeness and fullness of the Iyengar Yoga method. His dedication to the Iyengar family and his respect of their teaching means he strives to pass on the teachings with purity and authenticity.