

WORKSHOP “Getting to the core of your yoga” with Kerry Reinking

Sunday 11th of May 10:00 – 14:00

Kerry Reinking comes to Iyengar Yoga Haarlem to offer a class on exploring, aligning and strengthening the “core” intelligence of your body. You will learn how important your core power is to stabilizing your asana practice - especially in inversions.

“Our asana practice is an important ally as we prepare the body for prolonged seated positions. You will feel for yourself how implementing a core strengthening and stabilizing practice will influence your stamina and concentrations skills.” The workshop will end with a practice of several seated asana variations.

About Kerry Reinking:

Through his work as a portrait photographer and Iyengar Yoga teacher, Kerry knows how to balance art and technique. “My Job is to help my students discover their own body’s intelligence, and inspire them to build a strong and solid body and mind.” Kerry incorporates 15 years yoga experience to guide his students to create a positive change to their life.

Kerry’s base of teaching is [at his own studio in Amsterdam’s city center](#). He also teaches weekly a back care intensive at [YogaMoves](#) and also a special needs course at [iYoga Utrecht](#). Kerry completed his teacher training at the Iyengar Yoga Institute in Amsterdam as well as the Iyengar Yoga therapy training. He has several years experience assisting in the Institute’s medical

therapy classes. He holds the Intermediate Junior III certificate and continues with a month of study with the Iyengar family in India every other year.

Cost: € 35,-