

Iyengar® Yoga Intensive with **MARIOS ARGIRO**

May 31st > June 2nd
2024
Faenza, Italy

Marios was inspired early on in his yoga journey by Tricia Booth and Jeanne Maslen, who both encouraged him to take his dedication to Iyengar yoga further and follow the teacher training course in Manchester. As a professional classical musician he found that the concentration, discipline and self-practice needed in music could be applied to yoga in the same way. He qualified in 2002.

He has been a Senior Intermediate Level 3 (level III) teacher for many years, and continues to make regular visits to India to study with the Iyengar family at the Ramamani Memorial Institute in Pune, and also with Jawahar Bangera and Firooza Ali.

He now divides his time between Hertfordshire in the UK and Greece, and combines teaching local classes and yoga therapy with giving workshops all over the UK and Europe.

Workshop schedule

Friday, May 31

18.00 > 20.00

Saturday, June 1

10:00 > 12:30 | 16.30 > 18.30

Sunday, June 2

9.30 > 12.30

Cost

180 € Whole workshop

150 € Saturday and Sunday only

50 € advance to be paid within April 20 2024 to the following bank account: **Ilaria Zinzani** IT82M0854223700000000312849 or through PayPal ilazinzan@yahoo.com

Where

Centro Sociale Il Borgo Via Pasquale Saviotti 1, Faenza

Please bring your own props, if possible: sticky mat, belt, bricks, blankets. There will be also a limited number of kits, available for renting at 15 €, for those who find it impossible to travel with their own props.

Infos and registration

+39 380 6868584 | ilaria@ilariazinzani.it

A minimum of 2 years of practice with a certified Iyengar® Yoga teacher is required.

How to reach Faenza

Fly to Bologna Airport, then take a 40 mins train from Bologna station.



Places to stay

IN TOWN

Adagio B&B www.adagiofaenza.com

Bartè R&B www.bartefaenza.it

La casetta del borgo www.lacasettanelborgo.com

Domus Faenza www.domusfaenza.it

ON THE HILLS

Cà Vincenzona www.cavincenzona.it

La Locanda della Fortuna www.locandafortuna.it

Campanacci www.campanacci.com

Faenza is an ancient city of art in Emilia-Romagna; in addition to its ancient Roman roots, it features strong Renaissance elements. Moreover, the urban fabric is dotted by some clear references of its old Baroque splendour, as well as of the bourgeois elegance of the Art nouveau. Faenza is famous beyond the Italian borders for the production of CERAMICS. It's an art and craft tradition started during the Renaissance: the little local workshops have been creating unique pieces for more than five centuries. It is no surprise that the "maiolica" – the ceramics of Faenza – is called "faience" in most part of the World, and that, right in this city, the MIC – International Museum of Ceramics – hosts the widest collection of the world dedicated to ceramics. Faenza is only about 33 km away from Ravenna and its world-renowned Byzantine mosaics.

Faenza in 3 minutes!