

[Register Here](#) .

The Morning Intensives are for those students wishing to develop their practice.

Intensives consist of 10, one and a half hour early morning (6.00am) classes from Monday to Friday over a two week period.

Participants will need at least 1 year experience in yoga and be prepared to extend themselves in the postures.

Intensives cost \$200.00 .

The structure of the Intensives will be 4 days of Asana (postures) for each week, followed by a Pranayama (yogic breathing) class on the 5 and 10th days.

Just Yoga is an Iyengar Yoga Studio so the intensives are taught following the principals and method established out by B.K.S Iyengar.

### ***Intensives for 2018***

**Time  
Date**

-

**Start  
Intensive Focus**

6.00am,

**Status**

Monday,

5

*Intensives for 2019*

Time Date	Start Intensive Focus	Status		
-	6.00am,	Monday,	4	th
-	6.00am,	Monday,	25	th

[Register Here](#) .