

# Private Yoga Sessions with Felicity Green



Felicity Green holds an Advanced Certificate from B.K.S.Iyengar and has taught for over 40 years. With a degree in Occupational Therapy she has a strong knowledge of anatomy. Well versed in the philosophical aspects of yoga, her approach is a broad one.



*Blessings, Felicity*

Spending an hour with one of our most experienced Iyengar Yoga teachers could change both your yoga practice and your general health.

- Individual work is indicated when chronic physical difficulties exist.
- One-on-one work with a master teacher helps students understand how to practice at home and how to manage in general classes.
- It can be helpful to dedicated students who wish to go more deeply into their practice.
- Teachers working toward certification benefit from this work.

Students are encouraged to ask their teacher to attend the sessions so that they may better understand the therapeutics and its application to the student's challenges.

To learn more about Felicity visit her website:  
[www.felicityyoga.com](http://www.felicityyoga.com)



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