



Ashtanga Workshop
5 weeks \$150.00
Every other Sunday
3 – 5:30 p.m.
January 10 & 24
February 7 & 21 March 7

The practice of Ashtanga Yoga is an ancient and powerful discipline for cultivating physical, mental and spiritual health. Progressive techniques of breath, posture and movement, cleanse, stretch and strengthen the body as well as focus and calm the mind. A deeper experience of the self becomes possible through consistent practice.

Ashtanga Yoga This challenging and flowing form of Hatha Yoga brings the body, mind and spirit into perfect alignment and function. The Ashtanga practice combines breath control, isometrics, focused gazing, and an uninterrupted sequence of postures into a moving meditation, enhancing self awareness and concentration. Ashtanga Yoga in the tradition of Sri. K. Pattabhi Jois combines a precise sequence of postures with a controlled breathing technique “Ujjayi Pranayama”. Ashtanga Yoga builds strength, flexibility, and radiant health and well-being. It is characterized by Vinyasa, the synchronized flowing movement of body and breath that connects the postures in a seamless continuity of practice. As the body detoxifies, a strong purifying sweat may be produced. The organs are toned, and flexibility and strength are gradually increased. Breathing is deepened. With regular practice over time, inner qualities are cultivated as well. The practice is demanding and the rewards are great.

Many Ashtanga Yoga students have experienced improvement or total healing of old injuries and chronic conditions. Many students have shared that Ashtanga Yoga has changed their lives, freeing them from old patterns of depression, worry and anxiety. Ashtanga Yoga builds well-being, confidence, courage, enthusiasm and joy.

The Primary Series Yoga Chikitsa, meaning "yoga therapy" in Sanskrit, is the Primary Series of Ashtanga Yoga. It is a specific sequence of postures designed to align the body and help protect and rehabilitate it from injury, while freeing the senses. The series, when committed to memory, becomes a meditation in motion. By coordinating every movement with the breath, this series serves to unwind, open and free the body from the base of the toes to the top of the skull.

Week 1 January 10– Breath, Sun Salutations A and B, jumping forward and back.

Week 2 January 24– Breath, Standing series

Week 3 February 7– Breath, Seated twists and binding

Week 4 February 21–Breath, Inversions and closing postures

Week 5 March 7– Bringing it all together with Breath, Openness, Strength, and Finesse

This workshop will deepen both your Vinyasa and Ashtanga practice

Space is limited to a small number

Pre Register soon