



INTRO TO ASHTANGA YOGA

SUMMER BEGINNER WORKSHOP

FOR TEENAGER age 13 to 17yrs old

BY CHEUK NA

The essence of the vinyasa element of Ashtanga Yoga is a synchronicity of breath and movement

This workshop introduces...

- Step-by-step guide from Sun Salutation, The Standing Sequence, The Seated Sequence and The Finishing Sequence of The Primary Sequence of Ashtanga Yoga.
- Exploring the power of breath.
- Understanding and applying of internal locks and energy that give lightness and strength to the physical body.
- Preparing students for self practice method (mysore class)

Course A:

Date: August 2, 3, 4, 5, 6, 9, 10, 11, 12 & 13

Time: 4 - 5.30pm (NO DROP IN)

Course B:

Date: August 16, 17, 18, 19, 20, 23, 24, 25, 26 & 27

Time: 4 - 5.30pm (NO DROP IN)

Cost: \$1200, Early bird \$1000 pay by 23 July per course

We only accept cash or cheque (payable to Yoga Mala Limited)

Email us to register at info@yogamala.com.hk

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