



ASHTANGA YOGA WEEKEND

WITH DAY CHRISTENSEN

SEPTEMBER 13-15

SCHEDULE

FRIDAY

6-8 GUIDED FULL PRIMARY

SATURDAY

9-11 MYSORE

11:30-1:30 FUNDAMENTAL STRENGTH

SUNDAY

9-11 MYSORE

11:30-1:30 THE ANATOMICAL BACKBEND

DESCRIPTION

GUIDED FULL PRIMARY: Day will guide students through the traditional style of the Primary Series of Ashtanga Yoga.

MYSORE: Mysore is the traditional way of learning Ashtanga Yoga. This class is not led. All instruction is given on an individual basis. Day will assist students to help them get the most out of their personal practice.

FUNDAMENTAL STRENGTH: Exercises for Developing Skillful Handbalancing and vinyasas. Dissect some of the most difficult, risky, scary movements in the yoga world and beyond in ways that are safe, and thoughtful so that all levels of practitioners can begin, to not only understand the movements, but given real-life practical ways to approach and eventually experience the euphoric energy of achievement.

THE ANATOMICAL BACKBEND: Through this course, we will gently make our way through the depths of Backbending via anatomic explanations and practical application so that even the tightest or injured practitioner can begin to learn a vocabulary for the most effective and healthy Backbending.

COST

\$225 FULL WEEKEND / \$55 SINGLE CLASS hst included.

LOCATION

BREATHE PILATES & FITNESS STUDIO

420 Kildare Rd. Unit 101, Windsor, Ontario N8Y 3G4

**CONTACT GINA WASSERLEIN 519-890-9644
FOR ADDITIONAL INFO.**

SIGN UP: SEND E-TRANSFER PAYMENT TO: YOGALIFEWITHGINA@GMAIL.COM