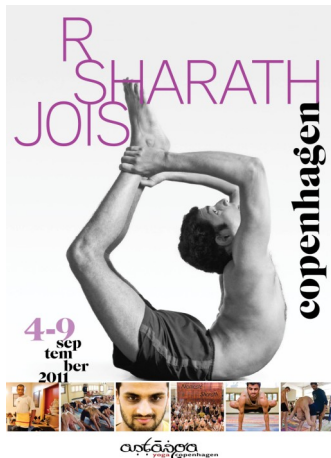


2011 Sharath in Copenhagen

Sri R. Sharath Jois yoga workshop Sunday 4th till Friday 9th of September

You can meet Sharath in Copenhagen where he will be giving a week of workshop with both morning classes and afternoon conferences.




Sharath is strongly carrying the tradition of his legendary grandfather, Sri K. Pattabhi Jois, forward. Teaching at the KPJAY institute in Mysore from Autumn to Spring and in the summertime travelling around the world to meet the global community of astangies.

We are happy to be hosting Sharath again so you can meet him in person and experience the authentic yoga from Mysore, the city of yoga, together with astangies coming from all of Europe.

The 6 morning classes take place in Idrætshuset on Østerbro Stadion here Sharath will lead us through the full primary series in his energetic and calming rhythm.

Afternoon conferences will be held at the Astanga yoga shala on Vesterbrogade on Sunday, Tuesday and Thursday. Sharath will talk about yoga, his many years of apprenticing with Gururji and the ancient tradition. Each conference will finish with direct questions and answers from you to him. We are part of Sharath's European Tour starting in London then Helsinki, København and finishing in Milano.

The enrollment has started and you can make it [here](#) – and follow us on facebook  You can participate the full week or single days.

Sharath, born in a yogic family

Sharath was born on September 29, 1971 in Mysore, India to Saraswathi Rangaswamy, daughter of ashtanga master Sri K. Pattabhi Jois. Growing up in a house full of yoga practitioners, Sharath learned his first asanas at age seven and experimented with postures from the primary and intermediate series until he turned fourteen. Though he spent the next years focused on his scholastic education, earning a diploma in electronics from JSS in Mysore, Sharath knew that he would one day follow the ashtanga path blazed by his legendary grandfather.

Sharath embarked on his formal yoga study at the age of nineteen. He would wake every day at 3:30 a.m. and cross the town of Mysore to his grandfather's Lakshmpuram yoga shala. There, he would first practice and then assist his guru, Pattabhi Jois, a routine of dedication he has followed for many years.

Today, Sharath's sincere devotion and discipline to the study and practice of yoga compels him to rise six days a week at 1:00 a.m. to complete his practice before the first students arrive at the K. Pattabhi Jois Ashtanga Yoga Institute, where he serves as Director.

Sharath is Pattabhi Jois's only student who has studied and continues to practice the complete six series of the ashtanga yoga system.

He resides in Mysore with his wife Shruthi, daughter Shraddha, and son Sambhav.



The shala is the center of activities and events for astanga yogies in Copenhagen.
If you do not want the newsletters please let us know on yoga@astanga.dk