

Sharath in Copenhagen

Thank you to Sharath and all of you for a great week and a fantastic workshop

You were all part of creating a beautiful and international atmosphere and Sharath was happy to see so many old and new students coming to meet him. There were people coming from Denmark, Sweden, Norway, Germany, Spain, Italy, France, Monaco, England, Singapore and the USA. You can see the photos from the workshop by linking from the group.



Sharath gave 3 conferences in the astanga yoga shala and he was sparkling and shared his personal view and experiences on different topics. Sunday September 4th he started by talking about the necessity of a regular practice 6 days per week and compared it to the nourishing we do by eating. Tuesday 6th he included the ethical limbs of yoga, Yama and Niyama and finally on Thursday 8th going back to the practice and the state of a controlled mind. Susanna has shared her notes on our **blog**.

We hope to see him and all of you in Copenhagen again 2013.



This Autumn in the Astanga yoga shala

Susanna is this autumn focusing on the morning mysore for the yogies who have adapted their lifestyle to start the day with yoga. In the afternoons both Susanna and **Jens** will teach and bring new students into the essence of the practice. Notice that every Friday Susanna counts the primary series from 6.30 am. Please follow the for extra activities and events.

Louise is welcoming a lot of new students on the Wednesday classes at 17 o'clock where everyone can join for the trial price of 50 kr - and she is of course also doing led classes and some of the mysore Sundays.

You can meet **Freja** every Friday at 16.30 on the led class and occasionally on mysore.

Special intro classes on breath, internal locks and sun salutes once or twice a month and in October it will be Saturday 15th from 9-11.

Astanga yoga and danish gymnastics seem to have little connection but lately this has been the a popular issue in some danish newspapers. Jens will on Sunday October 30 from 13-14 o'clock share information and views from his research on this topic. All are welcome.

Yoga for Mum and Dad. Susanna is teaching Saturday November 19th 9-11 in the big shala and Lene is babysitting the children in the small shala. Please sign up at the shala.

