

astanga yoga

an ancient practice of universal wisdom for today

**Maria Boox teaching workshop and mysore
a full week in April in our shala**



R. Sharath Jois in Copenhagen

workshop of primary and intermediate August 4th-9th

Sharath is the director of KPJAYI in Mysore and the successor of Sri K. Pattabhi Jois to lead the global Ashtanga Yoga Community.

workshops

Maria Boox - shakti in the shala

Our dear friend, colleague and your favorite guest teacher giving **workshop Saturday and Sunday 20th-21st April** and morning mysore the following week.

Meet Maria in her charming and empathic style and get the new opening in your practice on mysore style classes Saturday and Sunday 9-11. She is a experienced teacher helping you to find the balance with strength and flexibility.

In the afternoons 13.30-15.30 she will share philosophical views, give advices on technique and her inputs to those issues that our intuition is nourished by during the yoga practice. Full workshop 1000 dkk. Mysore classes Monday to Thursday 22nd-25th. **Info and sign-up**



R. Sharath Jois in Copenhagen



Classes of led primary and this time intermediate series

Sunday August 4th we all start with primary series and in the afternoon conference in the shala. On Wednesday and Thursday Sharat will first teach primary and immediately after for the experienced practitioners do led intermediate class. **Please check the full schedule.** We do not expect that it will be all the full intermediate series and Sharath has requested in order to join that you know up to Kapotasana having studied under a qualified teacher. Friday we do full primary all together and take a group photo after class. Conferences Sunday and Wednesday in the shala on Vesterbrogade.

Please check www.ayc.dk for the programme and enrollment.

classes, yoga forum and a week in Rome

Susanna is preparing you for the workshop with Sharath in August
Led intermediate Sunday May 5, 9-11 and led primary classes every Friday 6.30 am

Mysore

Susanna teaches morning classes Monday to Friday 6.30-9 and Sundays 9-11am. She is the main teacher here and has for many years taught astangies in Copenhagen the practice of primary and intermediate series.

Intro

the heart of astanga yoga is the breath which gives you the inner awareness to connect body and mind. On the intro we teach you this simple and challenging way adding the support from inner locks and guide you through the sun salutations for strength, flexibility and balance. Extra classes with theory & technique on Tuesdays.

Rome in May

Come to Rome from 18th of May for workshop and stay the week for morning classes with us. We will help you find B&B in the area of the shala and together Susanna will show you her home city and you have time on your own - **more info www.astanga.dk**

Yogaforum - elements of the Astanga teachings

we continue the forum sharing and debating experiences of the yoga practice.

Sunday May 5th 12.45 -14.15

"Guru" - what is a guru and what he does. We will watch a documentary and after will Jens deepen the explanations and Susanna will introduce you to the basics of Sanskrit chanting.

