

astanga yoga

an ancient practice of universal wisdom for today



**Best wishes for the new year to all you dedicated practitioners
- meet more great teachers of the mysore lineage in 2013**

Hanne Sydanmaa from Helsinki on a weekend in March
Maria Boox teaching workshop and mysore a full week in April

R. Sharath Jois

primary and intermediate workshop August 4th - 9th

**Teachers that are all deeply rooted in the yoga of Sri K. Pattabhi Jois
who influenced and guided them on their personal transformation.**

workshops



**Hanne
Sydanmaa**
Meet her Friday in the shala

March 16 & 17 yoga practice for healing and cure

Hanne is from the Astanga yoga school of Helsinki. She has been practicing many years in Mysore during which she encountered different kind of obstacles preventing her from practicing as dynamic as longing for - under Gurujis' healing hands she recovered. Meet a thoughtful, experienced teacher and practitioner. Everybody is welcome. Mysore style classes Saturday and Sunday 9-11. Curative session Saturday 13.30-16.

Maria Boox - shakti in the shala

**Our dear friend, colleague and your favorite guest
teacher will give workshop Saturday and Sunday
20th-21st of April and teach morning mysore.**

Maria will in her charming and empathic style give classes Saturday and Sunday 9-11 helping you find new and deeper sides in your practice. 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 August 4th - 9th



Sharath will teach classes of primary and intermediate series starting Sunday August 4th with primary series for everybody. Intermediate classes also Wednesday and Thursday - you will have to be up to Kapotasana under a qualified teacher to join the intermediate classes. Conferences Sunday and Wednesday in the shala on Vesterbrogade. Please check www.ayc.dk for the programme and enrollment.

The tour includes workshops in Copenhagen, Stockholm, Helsinki and London for practitioners in Europe to have the opportunity of meeting the master of Astanga yoga and source of yoga from Mysore - maybe reconnecting with Sharath after having been there.

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 classes

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

Are you new to yoga and astanga? Learn from the most experienced teachers in Copenhagen on our intro-courses of breath, inner locks, sun salutations and yoga asana of the primary series. Extra classes with theory & technique on Tuesdays.

Pinse in Rome

Come with us 18th-20th of May to Rome for workshop and maybe stay the week for morning classes. We will help you find B&B in the area of the shala. We do things together and you will have time on your own - [please check www.astanga.dk](http://www.astanga.dk)

Yogaforum - elements of the Astanga teachings

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

Sunday 27th of January 13-15

"The breathing God". We will watch the documentary of the source of modern yoga by Jan Garre Schmidt.

Sunday 24th of February 13-14.15

The mysore tradition - topic to be specified

Sunday 5th of May 13-14.15

The mysore tradition - topic to be specified

