



## Astanga Yoga København

the shala in Copenhagen blessed by Guruji K. Pattabhi Jois and R. Sharath Jois



**Thank you to Sharath and all of you for a fantastic workshop sharing the bliss of Astanga yoga.**

**Did you enjoy the video by Alessandro Sigismondi?**

We will show the video and dias from the workshop in the *Yogaforums*



### Susanna's reflections:

- I've seen the proof once more during this week full of warm, smiling, genuine people who yes were working intensely on the mat trying and actually succeeding in following Sharath's count and who were all ready to smile even in the most difficult asana. [More on the blog](#)

## Teachings for you

We always do our best to give you the Astanga yoga practice as genuine as possible from the source at KPJ Ashtanga Yoga Institute in Mysore with dedicated teachers who all have many years of practice and teaching experiences studying with Guruji and Sharath.

Our aim is to give you a beneficial and safe practice for health, balance, clarity and self-knowledge. Abilities that will develop by steady practice of the method by Sri K. Pattabhi Jois.

You will in the shala meet and be taught on a regular basis by Susanna and Jens together with our clever instructors and occasionally also by internationally respected visiting teachers.

## Workshops - your treat in 2014

In 2014 you will meet very special teachers here in the shala - enroll to [yoga@astanga.dk](mailto:yoga@astanga.dk)

**Hanne Sydanmaa** from Helsinki who visited us last Month will be back again **14th-16th March 2014**. She is internationally respected for her knowledge of the healing aspects of the Astanga practice having studied for long time in Mysore where Guruji took special care of her.

**Peter Sanson** from New Zealand is a rare genuine teacher (certified) who does his practice, 4th series, and travels only to shalas with long term relations to Mysore. He will teach an intensive mysore workshop over the weekend **Friday 13 till Monday 16 June, 2014**.

We are honoured to have him coming to Copenhagen as he is also an old friend of our first Astanga yoga teacher in Copenhagen, Gwendoline Hunt.

**Eddie Stern** from **Ashtanga Yoga New York**, certified and founder of AYN, is coming back to Copenhagen **Wednesday 15th till Sunday 19th October 2014** giving another one week workshop of mysore, led classes and lectures. Eddie will share his vast knowledge from more than 20 years of practicing, teaching and learning from Guruji and we hope he will be accompanied by his charming wife **Jocelyne** who is an experienced Astanga yoga teacher and long time practitioner as well.

## Classes, spring retreats and Yogaforum

**Mysore** - Susanna teaches morning classes Monday to Friday 6-9.30 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.

**Led classes** - calmness, strength, flexibility and clarity

On the led classes we teach you how to build the yoga practice of asana and breath connecting body and mind for internal harmony. Come for a trial class on Wednesdays at 17 o'clock - 50 kr first time or bring a friend who gets first class free. Send email to [yoga@astanga.dk](mailto:yoga@astanga.dk)

On the **intro** you learn the basics of this vital practice - breath, support from inner locks and energy of the sun salutations which will help you in every yoga pose.

Extra classes with technique on Tuesdays 18.30.



**Spring retreat France 28th February - 5th March**

Early spring in beautiful surroundings with genuine yogins to revitalise your practice. Susanna is teaching a 5 days retreat organised by **Ashtanga Yoga Freiburg**

**Rome in May**

Enjoy Rome and practice yoga from Thursday 15th till Sunday 19th May with your own italian teacher, Susanna. We will help you find B&B in the area of the shala and Susanna will show you her home city - [see the programme under workshops](#)

**Yogaforum** - we continue sharing and debating the experiences of yoga.

**Sunday 27th October 12.30 - 14 - Klesas, the roots of turmoil and emotional stress**

Susanna will present an important part of the yoga practice that relates to our emotional and mental behavior which too often leads us in situations where we loose the perspective and ourselves. They are described in the Yogasutra as Klesas. This Sunday Susanna will present the theoretical background and discuss how we experience them in daily life and how the yoga practice can help us to pacify them.

**Sunday December 8th 12.30 - 14**

Jule-afslutning og vi vil nyde nogle af de dejlige billeder fra Sharaths besøg i august. Alle tager lidt godter med også hygger og deler vi.

**If you do not want the newsletters please reply to [yoga@astanga.dk](mailto:yoga@astanga.dk)**

