



Ashtanga Mysore: Old Shala Style & Weekend Workshop

KINO MACGREGOR
28 April – 3 May
2012



Mysore : Old Shala Style (15 students, 1 teacher, 1 week)

In the early days of daily yoga practice in Mysore, India, our teacher, the late master of Ashtanga Yoga, Sri K. Pattabhi Jois and his grandson Sharath, taught in a tiny room with fluorescent lighting in groups of maximum 12 students at a time. In this workshop you will experience the unique combination of 1 teacher and a small class. This is the perfect opportunity to deepen your already existing practice and experience a taste of old India right here in Singapore.

This one week practitioner intensive includes morning Mysore practice (6 days) with an intimate group of no more than 15 students. All levels welcome as long as students practice Mysore Style.

Group A class will meet every morning at 7am sharp for opening chant. Please be punctual.

Group A : 8am – weekends (28 – 29 Apr)

7am – weekdays (30 Apr – 3 May)

Group B : 9.15am onwards – weekends (28 – 29 Apr)

8.15am onwards – weekdays (30 Apr – 3 May)

(Students from Group B are to wait for someone in Group A to finish before entering the room, so that at any one time, there are only 15 students practicing.)



Weekend Workshops

Workshop 1

28 April (Sat), 1pm – 3pm

Strength: Yes, You Can!

If you think you'll never be able to lift up, or if you want to take your lifting up to a new level, this class is for you. This class integrates the elusive "bandha" and core work in a way that is accessible for everyone. By using natural and scientific principles, like gravity, weight distribution, and mind-body connection, you will gain a new understanding of the potential for natural strength in your body. You will leave this workshop with tools you can apply to reach a new level of strength, presence and awareness. All levels.

Workshop 2

29 April (Sun), 1pm – 3pm

Build Your Foundation - The Standing Postures

Through detailed analysis and fun partner work you will feel how your legs are your connection to the power center in your pelvis and to the Earth below. The Standing Postures are perhaps the most healing series of movements in the Ashtanga practice. When done with healthy alignment these humble series of postures build your foundation, connection to the ground and sense of inner awareness. In this workshop learn how the structural foundation for forward bends, inversions and deep hip opening work is set up in the standing series of Ashtanga yoga. Gain a new found appreciation for this foundational work of yoga!

Workshop 3

1 May (Tues), 1pm – 3pm

Arm Balances for Everyone

Break a sweat while learning to safely balance on your hands, have fun while challenging yourself and gain access to your own inner strength. The magic of the arm balance is demystified and made approachable so that every practitioner who is not afraid to put in the work can feel the beauty of flight. When done correctly arm balances can build self-esteem, increase energy flow and heal old injuries. Every student will leave with proven techniques to safely build the structural support necessary for stability in all strength based postures.

* Advance payment is required to secure a spot. Once payment is made, no cancellation is allowed. In the event that you cannot attend, a replacement is allowed and must be made from our waiting list. Should there be no waiting list, it is your responsibility to find a replacement. Strictly no refund is allowed under any circumstances. TRUE YOGA reserves the right to entry, amend or cancel the event due to any unforeseen circumstances.

Fees

Mysore : S\$490 (6 days)
Workshops : S\$90/session

Venue

True Yoga	All bookings & enquiries
9 Scotts Road	(phone) : +(65) 6733 9555
Level 11 Pacific Plaza	(fax) : +(65) 6836 9115
Singapore 228210	(email) : retailpp@trueyoga.com.sg

