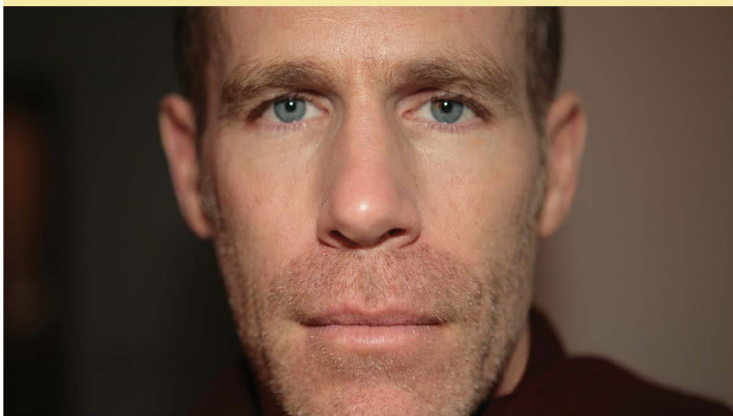


ASHTANGA YOGA CHANTING BREATHWORK MEDITATION



Join
STEPHEN THOMAS
for another inspiring weekend
FRI, 17.10.2008 - SUN, 19.10.2008

ABOUT STEPHEN THOMAS

Stephen teaches Yoga that is influenced by his many years in the Ashtanga and Anusara Systems. He also borrows inspiration from studies undertaken in Tibetan Buddhism and the powerful, transformational Yoga practices of Kashmir Shaivism. When Stephen teaches, he incorporates asanas, pranayama, mudra, devotion and meditation techniques. The intention of his work is to present Yoga in its classical ancient form, as a way rediscovering our essential nature and awakening to our fullest potential in all aspects of life.



PROGRAM DETAILS FRIDAY TO SUNDAY

Friday 18:15 – 20:30

Pranayama and Restorative Yoga class which explores the ways we can use yoga asanas and kriyas to create more freedom strength and openings for the breath. Also looking at the refining details in the inhale and exhale in Pranayama and the shape of the back during breathing.

Saturday 08:00 – 10:15

Chanting and Pranayama class followed by parts of a Led Primary Series with stops to explore the meaning and mechanics of some postures.

Saturday 14:00 – 17:30

Chanting and Pranayama practice with an in depth look at the meaning, the power, and the protection of the Gayatri Mantra including Long Gayatri chanting and learning the long invocation.

Sunday 08:00 – 12:00

Chanting, Pranayama and ½ Led Primary Series with workshop on the principals of backbending. Going deep in the backbends safely and with less pain.

ORT & KONTAKT

Yogazentrum PUREYOGA - Ashtanga Yoga Vienna
Einwanggasse 12/1, 1140 Wien
www.pureyoga.at info@pureyoga.at 0699 815 99 283

ANMELDUNG UND KOSTEN

Anmeldung* mit Email an info@pureyoga.at und Überweisung des Workshopbeitrages bis spätestens 30.09.2008

Kosten: €165,-

€145,- für Frühbucher - bis 15.09.2008

Bankverbindung:

Empf: Mag. Horst Rinnerberger

Blz: 12000 (Bank Austria) Kto: 10761570001

Verwendungszweck: " Stephen Thomas " und dein Name

*) Anmeldung erst mit Zahlung des Kursbeitrages gültig

