

## **'LEARN ASHTANGA SELF PRACTICE IN A WEEK'**

Intensive Course with Stefan D. Prowaznik

*A safe, challenging & fun introduction week to the beautiful system of Ashtanga Yoga.*

### **Day 1**

Arrivals from airport

Gentle Hatha Yoga class w. Radhika (optional)

Orientation w/ Stefan & Jamie

Group Dinner

### **Day 2**

Morning Tea

AM - Introduction of the principles, breath & bandhas (energy seals) with exercises related to them & Introduction to Vinyasa (postures linked together and led by the breath) -Introduction - Sun Salutation A & B

Brunch

PM- Standing Postures

### **Day 3**

Morning Tea

AM - Sun Salutation A & B - Standing postures

Brunch

PM - Finishing sequence & Designing your personal Beyond Ashtanga Series

### **Day 4**

Morning Tea

AM- Sun Salutation A & B - Standing postures & Beginning of Primary series, finishing & closing sequence. Close of Introduction

Brunch

PM- Free time or excursion

Evening Meal

### **Day 5**

Morning Tea

AM- Ashtanga Yoga Mysore style practice

Brunch

PM- Technique class: Vinyasa - the Jump back & jump through

Evening Meal

### **Day 6**

Morning Tea

AM- Ashtanga Yoga Mysore style practice

Brunch

PM- Technique classes – Inverted & balancing Poses

Evening Good-bye meal

### **Day 7**

Morning Tea

AM- Ashtanga Yoga Mysore style practice

Brunch

Free time

PM- Wrap up & airport transfers