



What we practice in class is only a part of what Ashtanga (Vinyasa) Yoga is all about. Therefore the first (out of two) deepening workshop will take place on October 07th at KiBiZ, in which we will talk about the history and the meaning of Ashtanga Yoga as well as tools for deepening your practice and last but not least my personal view of Ashtanga Yoga. The participation condition is a Mysore-Practice of at least the fundamental poses. The workshop will be held in german language. English translation of certain expressions is possible. Cost: 80,00 € - Registration via e-mail: [yoga@ashtanga-chris.de](mailto:yoga@ashtanga-chris.de)

