

Wahrhaft Yoga presents



WEEKEND-WORKSHOP PRINCIPLES OF ALIGNMENT & ADJUSTMENT

Fr, Nov 4:

15.00 till 17.00 **guided Ashtanga practice** (full primary series)

Sat, Nov 5:

8.00 till 10.00 **Mysore Style**

13.00 till 16.00 **Principles of Alignment**

Sun, Nov 6:

8.00 till 10.00 **Mysore Style**

13.00 till 16.00 **Principles of Adjustment**

In the weekend workshops we will focus on **alignment and adjustments**. **Alignment** is about using the yoga poses to create a safe practice and express ourselves with more clarity and harmony. The art of **adjustment** is based on the principles of alignment and is about learning to use our hands to communicate and facilitate that clarity of expression to your students. We use principles that can be applied to any pose on and off the yoga mat..



MYSORE STYLE morning practice

Nov 7- 10 : 6.30 till 9.00 Mysore Style
(Not included in the workshop.)

All levels are welcome!!!

DAMIEN BIO

Damien de Bastier has been practicing yoga and meditation for 25 years. It was love at first stretch when he was introduced to the ashtanga practice in 1998, as it combines his inclination for sports, meditation and self-inquiry. As an Authorised ashtanga teacher his intention is to preserve the gifts of the ashtanga method as they have been transmitted to him by his teachers. As a guide his role is to inspire people to practice and embark on the transforming journey toward themselves. When not teaching in his school in Bali, he travels the world sharing his passion for yoga with insight, humour, and compassion.

“Ashtanga yoga is really a breathing exercise where we use the body in order to stretch the mind!”

“In yoga what you stretch the most are your sense of humour and your kindness!”
Damien de Bastier



PRICING

Weekend Workshop: € 250

Mysore Mon - Thur: € 99

Take it All early bird: € 310

(< Registration till Sept 30, 2016 !)

Take it all reg. : € 330

