



ashtanga  
Yogastudio Freiburg



# WORKSHOP

23.-25.02.2018 mit Hamish Hendry (Astanga Yoga London)

## **WORKSHOP MIT HAMISH HENDRY**

**23. BIS 25. FEBRUAR 2018**

Come to Freiburg to study Astanga Yoga with Hamish Hendry from Astanga Yoga London. Hamish is one of the few certified teachers of Astanga yoga. With more than 20 years of experience - practicing the Astanga method and teaching daily Mysore classes at his own shala in London - Hamish has a lot to share with us. During our workshop he will talk about his insights on Yoga Philosophy and Asana Techniques and will guide you in developing your personal practice.

### **PROGRAMM**

#### **Freitag, 23. Februar 2018**

18.30-20.00 Asana Techniques

#### **Samstag, 24. Februar 2018**

08.00-11.00 Mysore Style Teaching

16.00-18.00 Chanting, Yoga Philosophy (Bhagavad Gita), Q&A

18:30 Dinner (not included in the price)

#### **Sonntag, 25. Februar 2018**

08.00-11.00 Mysore Style Teaching

10.00-10.30 Chanting & Good-Bye

### **KOSTEN**

250 € bei Bezahlung bis zum 30.11.2017

280 € bei Bezahlung nach dem 30.11.2017

### **ANMELDUNG**

info@ashtanga-yoga-freiburg.de oder tel. 0178-8914913

*Die Anmeldung wird durch die Bezahlung des Workshop-Beitrags verbindlich.*

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