

Introduction to Ashtanga Yoga Part One: Exploring the Keystones of the Practice

In this course we will explore the key elements of the practice of Ashtanga Yoga; breath, gaze, bandhas and alignment. Together we will learn to link these elements with various asanas (postures) while practicing being present moment to moment, breath to breath.

This course is designed for beginners to Ashtanga Yoga, making the practice simple enough that anyone can do this course successfully. Continuing students who want to deepen their experience of the subtleties of the practice will also benefit.



THURSDAYS
6:00 - 8:00 pm
Sept 8 - 29
\$40
(online registration)

Instructor Asha Wolf, holds a Doctorate in Physical Therapy, is a Certified Movement Analyst and has been teaching yoga for over 18 years. Her teaching style is direct, clear and accessible with a strong, hands-on approach.



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