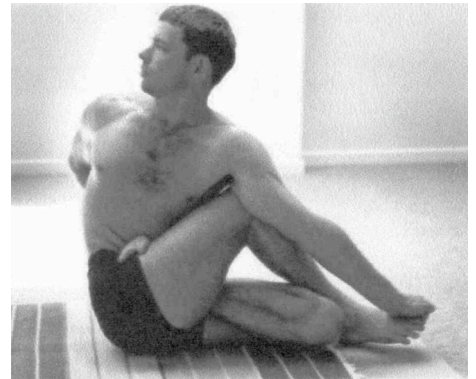


Pre-Summer 2008 Ashtanga Yoga Workshop with Peter Sanson

Beginners, Intermediate and Advanced Practitioners Welcome.

Come practice with one of N.Z.'s foremost practitioners and teachers of Ashtanga Vinyasa Yoga.

Peter is a truly humble practitioner who has dedicated his life to yoga. With compassion, understanding and lightness, he is able to engage each student on their level. He has been a student of Pattabhi Jois' for the past 20 years and is one of the few to hold an advanced teaching certificate. This is a special opportunity to study with one of the Ashtanga community's most honored teachers.



When: Fri 31st Oct - Sun 2nd Nov, 2008

Class times:

Friday	Mysore	5.30 pm Start
Sat	Mysore	11 am Start
Sun	Mysore	10 am Start

No experience is needed for these classes. Peter will step you through a series of postures that suit your personal ability. Please check your start times with Paul for Sat and Sun classes as times may vary.

Where: Tauranga Yoga Centre, Elizabeth St West, Tauranga

Cost: 3 Classes \$75 or \$25 casual

Registration: For further information on this workshop and registrations please email **Paul** at creativehealing@netaccess.co.nz

Or by **phone** 027 2777 620

Or talk to Paul at the Ashtanga Class on Tuesday nights at 5.30pm or at the Friday night Mysore class at 5pm down at the Yoga centre.