

Peter Sanson Ashtanga Yoga Workshop

Tauranga

September 24, 25, 26

Venue:

The Tauranga Yoga Centre,
Elizabeth St West

Start times:

Fri 24th

- led class, 5.30pm

Sat 25th

- Mysore style, 11am

Sun 26th

- Mysore style, 9am

Cost:

\$75 for workshop, \$30 for casual class

Registration is essential

Contact:

Paul and Anna (07)575 7310
yogibear@nettel.net.nz

Peter has recently returned from workshops in Europe and will be teaching a 3 day intensive at Synergy. For those of you who don't know Peter, He started yoga practice in 1985 and has dedicated his life to the practice and study of Ashtanga Yoga.

He spent 21 years studying under late Yoga master Guru Sri K. Pattabhi Jois at the Ashtanga Yoga research Institute in Mysore, South India. During this time, Peter also studied Sanskrit, yoga philosophy and Bhagavad Gita chanting under the instruction of renowned Professor Sri Narayanacharya.

Peter was issued an Advanced B, 4th series teaching certificate by Guruji. He is one of only a handful of students worldwide at this level of certification.

Students of all levels from absolute beginners to advanced are welcome.



photo: viparita dandasana - Advanced A series