

Master Classes with Nicky Knoff

20, 21 & 22 October 2017



FRIDAY 20 OCT

6pm–7:30pm (30 min break)

Energetic Keys: Bandhas,
Drishti and Ujjayi Pranayama

~ FRIDAY NIGHT FREE ~

SATURDAY 21 OCT

1pm–6pm (30 min break)

Earth & Sun Salutations, inverted
poses (heating), standing poses,
arm balancings, forward bends

SUNDAY 22 OCT

1pm–6pm (30 min break)

Sitting poses, abdominals,
twists, back bends, inverted
poses (cooling)

Practitioners of all levels and traditions are invited to attend this rare opportunity to study with one of the worlds' foremost teachers of yoga. These master classes will use the Foundation and Intermediate syllabus, with an emphasis on the Knoff Yoga fundamental 24 Principles of Practice, which are universal in application and profound in their effect.

Nicky's teaching emphasis is on showing students how to look, listen and feel by honouring their 'inner wisdom'. Her teaching represents a bridge between Iyengar and Ashtanga Vinyasa Yoga; intelligent, anatomical alignment combined with linking internal energetic principles.

Nicky is a 4th Series Ashtanga Vinyasa Yoga practitioner; Certified Senior Iyengar Yoga teacher; Certified College of India teacher with Bikram Choudhury; long-term vipassana meditator; WWII concentration camp survivor; and founder of six yoga schools in Australia, New Zealand and USA.

All paying students will receive extensive notes including:

- 5 Pillars of Practice
- 24 Principles of Practice
- Knoff Yoga Overview
- Asana & Pranayama Syllabus (Foundation & Intermediate)



MASTER CLASS FEES

- Saturday AND Sunday: \$275 (Early bird \$250 if paid before Fri, 8 Sept)
- Saturday ONLY: \$150
- Sunday ONLY: \$150

Bookings are essential – visit
www.ashtangamelbourne.com.au
to reserve your place.

Nicky Knoff will be teaching at:

Ashtanga Yoga Centre of Melbourne, Australia

Contact **Greg Cooper** | 03 9419 1598 | 0421 799 365

info@ashtangamelbourne.com.au

www.ashtangamelbourne.com.au



In conjunction with:

