

Special Master Class with Nicky Knoff

Saturday 23 & Sunday 24 February 2019



Our beloved Nicky Knoff is back in Cairns for a very special Master Class. A fabulous chance to learn from her once again, her dedication, knowledge and passion is stronger than ever before. This woman only gets more energetic with age!

To get the most benefit out of this workshop students are encouraged to attend all 3 sessions; however, it is possible to attend less.

Suitable to practitioners of all levels and traditions. These master classes will use the Discovery and Foundation syllabus, with an emphasis on the Knoff Yoga fundamental 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.



SESSION ONE

Saturday 23rd February
12 - 2.30pm

EARLY BIRD: \$75 EACH
if paid before 12th January
\$85 thereafter

SESSION TWO

Saturday 23rd February
3 - 5.30pm

EARLY BIRD: \$75 EACH
if paid before 12th January
\$85 thereafter

SESSION THREE

Sunday 24th February
11.30 - 1.30pm

EARLY BIRD: \$60
if paid before 12th January
\$75 thereafter

ALL 3 SESSIONS

\$199 EARLY BIRD
if paid before 12th January
\$220 thereafter

Location: The Yoga School, Piccones Village, Pease Street, Cairns

Nicky will be available for private sessions:
Monday 25th and Tuesday 26th - fee \$120 per hour

Please email nicola@theyogaschool.com.au
to book your place



In conjunction with:



**KNOFF
YOGA**