

Adjusting and Yoga Alignment



A hands-on workshop with Nicky Knoff

SATURDAY 21 & SUNDAY 22 MARCH 2020

A workshop to deepen your understanding for your own practice and for teaching. Learn how to find the balance between ease and effort in classical yoga postures by increasing your awareness and comprehension.

This Workshop is divided into 4 parts—it is recommended that you attend all sessions. Each session is designed to broaden your overall knowledge of yoga. All 4 sessions will be linked together so at the completion, you will have a deeper understanding of how Knoff Yoga works.

SAT, 11.00AM – 1.00PM

Earth and Sun Salutations, and Inverted Poses

SAT, 1.30PM – 3.30PM

Standing Poses, Forward Bends and Sitting Poses

SUN, 11.00AM – 1.00PM

Arm Balancings and Abdominals

SUN, 1.30PM – 3.30PM

Twists and Backbends



FEES > All 4 sessions, early-bird: **\$240*** All 4 sessions, general: **\$275**
Individual sessions, early-bird: **\$65*** Individual sessions: **\$70**

** Early-bird applies if paid in full before 22 January 2020.*

We need a minimum of 12 students for each workshop to go ahead so please book early.

ABOUT NICKY KNOFF

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.

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



**KNOFF
YOGA**

In conjunction with:





Testimonials

“Adjusting is a very important part of teaching. If we don't know how to do it properly not only students but the teacher will have injuries. I learnt a lot of great techniques from this workshop. I highly recommend this to everybody.

Tomoko Gregory, Cairns Yoga Teacher

“Attending a workshop with Nicky is always such a joy. Her wealth of knowledge combined with her generosity in sharing as a teacher is amazing. I left this workshop inspired and filled with new ideas both for teaching and for my own practice. I am already looking forward to the next workshop.

Susan Kelly, Mission Beach Yoga Teacher

“If you're looking for some extra tools to add to your yoga teaching toolbox, spending a day with Nicky Knoff in her Assisting/Adjusting workshop is definitely worth doing. This workshop provided me with the added confidence to guide students in their practice and where required providing physical adjustments to support them.

Fiona May, Canberra Yoga Teacher

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