

# 5-Day Intensive with Nicky Knoff



**21-25 SEPTEMBER 2020 | 9:30 am - 12 noon**

Take a longer hike with yoga, with an opportunity to explore the terrain in detail with a master guide. Learn how to safely navigate a wide variety of Asana and Pranayama. The correct approach angle, where to place yourself for maximum benefit, and how to exit and link to the next pose, while maintaining your full breath is exhilarating.

Humans are a part of nature, but more often than not, out of step with it. Master Teacher Nicky Knoff will share with you her experience and knowledge of accessing the inner Self. You don't master or subdue nature, you learn how to align your energy with it, to harmonise and skillfully side-step inner conflict.

All students will receive extensive notes:

- 5 Pillars of Practice
- 24 Principles of Practice
- Principles of Sequencing
- Knoff Yoga Intention for Practice
- Chants
- Knoff Yoga Overview
- Foundation & Intermediate Asana & Pranayama syllabus



**FEES** > All sessions, early-bird: \$300\* All sessions, general: \$350  
Individual sessions, early-bird: \$70\* Individual sessions: \$80

\* Early-bird applies if paid in full before 8 August 2020.

**BOOKINGS ESSENTIAL** via [www.ashtangamelbourne.com.au](http://www.ashtangamelbourne.com.au)

To ensure the success of this event, we need 12 paid bookings by 22 August.

## 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**  
Contact **Greg Cooper** | 0421 799 365  
[info@ashtangamelbourne.com.au](mailto:info@ashtangamelbourne.com.au)  
[www.ashtangamelbourne.com.au](http://www.ashtangamelbourne.com.au)



In conjunction with:

