

# Master Classes with Nicky Knoff

4-11 March 2016



## MASTER CLASSES

### Friday 4-Sunday 6 March 2016

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 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.

All paying students will receive extensive notes including:

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

#### FRIDAY 4 MARCH

6-8 pm	The 5 Pillars of Practice <b>FREE to everyone!</b>
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#### SATURDAY 5 MARCH

1-3:15 pm	Earth & Sun Salutations, Inverted Poses, Pranayama
3:45-6 pm	Sitting Poses, Pranayama, Standing Poses, Forward Bends

#### SUNDAY 6 MARCH

1-3:15 pm	Arm Balancings, Abdominals, Pranayama
3:45-6 pm	Twists, Back Bends, Pranayama

#### MASTER CLASS FEES

- Friday night: FREE
- All 4 Master Classes on Sat & Sun:  
Early Bird: \$250 › pay BEFORE 1 Feb 2016  
General: \$275 › pay AFTER 1 Feb 2016
- Individual Master Classes: \$75

## 5-DAY INTENSIVE

### Monday 7-Friday 11 March 2016

Nicky Knoff will use the Foundation and Intermediate Teacher Training Asana, pranayama and meditation syllabus as the basis for this intensive 5-day workshop. Don't miss this rare opportunity to learn from one of the true Mothers of Yoga.

All paying students will receive extensive notes:

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

~ Suitable for Foundation/Intermediate Students  
~ Classes are 9:30 am to 12 noon daily

#### 5-DAY INTENSIVE FEES

- Early Bird: \$300 › pay BEFORE 5 Feb 2016
- General: \$350 › pay AFTER 5 Feb 2016

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.



Nicky Knoff will be teaching at:

**Ashtanga Yoga Centre of Melbourne, Australia**

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

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In conjunction with:



**KNOFF  
YOGA**

