

# 5 Day Intensive with Nicky Knoff

Foundation/Intermediate



Monday 4-Friday 8 April 2016 | 5:30-8:00 am

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.

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:

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

## WORKSHOP FEE

Early Bird: **\$300** › pay BEFORE 1 Mar 2016

General: **\$350** › pay AFTER 1 Mar 2016



Nicky Knoff will be teaching at:

**Yoga Harmony Perth**

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In conjunction with:

