

Master Classes with Nicky Knoff

11-13 November 2016



FRI, 11 NOVEMBER

7:15-8:45pm ›
The 5 Pillars of Practice

By koha / donation
Bookings essential through
akeake@actrix.co.nz

SAT, 12 NOVEMBER

11 am-1:30 pm ›
Earth & Sun Salutations, Inverted
Poses, Pranayama

2:30-5 pm ›
Standing Poses, Forward Bends,
Sitting Poses, Pranayama

SUN, 13 NOVEMBER

10 am-12:30 pm ›
Arm Balancings, Abdominals,
Pranayama

1:30-4 pm ›
Twists, Back Bends, Pranayama

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.

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 including:

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

FEES

- Friday night: **by koha / donation**
- All 4 Master Classes on Sat & Sun
Early Bird: **\$250** › pay BEFORE 30 Sep 2016
General: **\$275** › pay AFTER 30 Sep 2016
- One day attendance (2 master classes):
\$155

Nicky Knoff will be teaching in Dunedin, venue to be confirmed.

Bookings are essential for this rare Yoga Master Class opportunity

Contact Rhys Latton | (03) 4771180 | 021 879 007

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In conjunction with:



**KNOFF
YOGA**

