



# Yoga for Problem Areas with Master Teacher, Nicky Knoff

[www.knoffyoga.com](http://www.knoffyoga.com)

## Saturday and Sunday 5th-6th November 2016

at Wellington Yoga with Penina, Studio upstairs, 5b Courtenay Place, Wellington, New Zealand



Master Teacher, Nicky Knoff, will teach 4 special yoga classes (two on Saturday and two on Sunday) addressing areas of the body that many people find problematic:

- Feet and knees
- Hips
- Neck and backs
- Shoulders

Nicky will use modified yoga poses to bring increased movement, alignment and awareness—carefully and safely to these areas so students can experience freedom in the body and mind.

Yoga teaches that the mind and body are connected, so limitation or restriction in one area has a negative or limiting affect on the mind as well as the rest of the body.

Note the progression of the weekend... from the feet upwards, in order to re-align the entire structure. As the body/mind is a whole, all students will benefit from attending all 4 sessions.

Nicky's 40+ years of teaching yoga, including 10 years at The Crippled Children's Society, have given her the knowledge and skills to create variations of postures to best bring about a positive result with areas of restriction.

Please wear shorts or tights and a close fitting t-shirt or singlet and remove all jewellery. This is for ease of movement and accessibility.

Also, please do not wear strong scents or deodorant, so everyone can breathe easy. All equipment is provided—if you prefer your own mat, bring it along with you but make sure it has a line down the centre.



Master Teacher, Nicky Knoff



**Saturday 10 am – 12 pm**  
Feet and knees

**Saturday 2 pm – 4 pm**  
Hips

**Sunday 10 am – 12 pm**  
Neck and backs

**Sunday 2 pm – 4 pm**  
Shoulders

### Cost

**\$250.00** early bird rate for all four Master Classes  
—Payment must be received by:  
Friday 30th October 2016

**\$275.00** standard rate for all four Master Classes

**\$75.00** each individual Master Classes

### Bookings

- Bookings are essential
- Classes are limited to 20 participants

Contact Penina to book your place:

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