

Master Classes with Nicky Knoff

21-23 October 2016



FRIDAY 21st 6-7:30 pm

Yoga for Your Dosha

Lecture / Q&A

~ FREE EVENT ~

Yoga for your Dosha

Doshas are constitutional body/mind types that have certain characteristics and there are 3 types:

VATA = Air and Space

PITTA = Fire and Water

KAPHA = Earth and Water

Knowing your type, its attributes and qualities gives you knowledge to get more out of your yoga practice, including Asana, Pranayama and Meditation.

This FREE Workshop is fun, interactive, educational and includes a short quiz to discover your Dosha. Please bring a pen and come dressed in your yoga attire.

A Balanced Practice

Sequencing refers to placing things in a particular order. When you are doing more than one thing, sequencing is inevitable.

SATURDAY 22nd 1-6 pm

A Balanced Practice

Sequencing for Asana, Pranayama and Meditation

Sequencing will be either conscious or unconscious, intentional or unintentional. A conscious or intentional practice is more powerful than an unconscious or unintentional one. Doing a regular sequenced practice provides a point of reference for the daily fluctuations in the body, breath, emotions and mind.

The purpose of sequencing is to develop a practice that works the most effectively. Correct sequencing supports and helps progress your practice systematically. Sequences are constructed from clearly defined and understood concepts.

This Workshop will look at the Principles of Sequencing and how they can benefit you in Asana, Pranayama and Meditation.

Nicky Knoff will use the Discovery and Foundation syllabus as the basis for exploration, discussion and understanding.

- Includes extensive notes: Principles of

SUNDAY 23rd 1-6 pm

24 Principles of Practice

An in-depth look with Q&A

Sequencing, Asana & Pranayama syllabus (discovery and foundation).

- Includes a yoga practice.

The 24 Principles of Practice

This Workshop will investigate and apply the Knoff Yoga unique 24 Principle of Practice and is designed to bring clarity into your practice. If you fully understand something, you are in a better position to implement it. This approach to yoga will provide you with straightforward powerful tools to enable you get the most out of your time on the mat.

Nicky Knoff will use the Foundation and Intermediate syllabus at the basis for exploration, discussion and understanding.

- Includes extensive notes: 24 Principles of Practice, Asana & Pranayama syllabus (foundation and intermediate).
- Includes a yoga practice.



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.

MASTER CLASS FEES *

- Friday night: **FREE**
- Saturday AND Sunday: **\$250**
- Saturday ONLY: **\$150**
- Sunday ONLY: **\$150**

* Bookings are essential

Nicky Knoff will be teaching at:

Ashtanga Yoga Centre of Melbourne, Australia

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In conjunction with:

