

Master Classes with Nicky Knoff

18-20 November 2016



FRI, 18 NOVEMBER

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

GENERAL

SAT, 19 NOVEMBER

11:00 am-1:30 pm ›
Earth & Sun Salutations, Inverted
Poses, Pranayama
2:30-5:00 pm ›
Standing Poses, Forward Bends,
Sitting Poses, Pranayama

MASTER CLASS

SUN, 20 NOVEMBER

10:00 am-12:30 pm ›
Arm Balancings, Abdominals,
Pranayama
1:30-4:00 pm ›
Twists, Back Bends, Pranayama

MASTER CLASS

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:

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

FEES

- Friday night: **\$35**
- **All 4 Master Classes on Sat & Sun**
Early Bird: **\$250** › pay BEFORE 30 Sep 2016
General: **\$275** › pay AFTER 30 Sep 2016
- 1-day attendance (2 master classes): **\$155**

Private one-on-one sessions with Nicky are available by appointment at \$90ph. Book your session through Narelle White Ryan.

Nicky Knoff will be teaching in Gisborne at Wainui Surf Life Saving Club
Bookings are essential for this rare Yoga Master Class opportunity
Contact **Narelle White Ryan** | 0277 7 488 or (06) 867 9388
narelle179@yahoo.com.au

In conjunction with:



**KNOFF
YOGA**

