



# KNOFF YOGA MASTER CLASSES

WITH JAMES BRYAN

14, 15 & 16 JULY 2017



**KNOFF  
YOGA**

energise • elevate • evolve



Practitioners of all levels and traditions are invited to attend these fun and educational master classes with a modern Western teacher who bridges correct anatomical alignment (injury free) with the energetic principles of Bandha, Drishti, Ujjayi Pranayama and Vinyasa.

These master classes will use the Foundation Asana syllabus with an emphasis on the Knoff Yoga Principles of Practice, which are universal in application and profound in effect.

**All master class participants will receive extensive notes including:**

- \* Knoff Yoga Overview
- \* Student Creed
- \* 5 Pillars of Practice
- \* 24 Principles of Practice
- \* Principles of Sequencing
- \* Foundation Asana syllabus (Full, Day 1 & Day 2)

**About James Bryan**

James Bryan was born in the City of Angels (USA) and migrated to NZ in 1969. Sitting on his back-side in a life crushing office job lead to running marathons in late 70's and early 80's, the stretching in long-distance running piqued an interest in yoga. **After studying with B.K.S. Iyengar in Pune, India (1986) and gaining certification, James studied with K. Pattabhi Jois in Mysore, India (1989) and learned the 1st, 2nd, 3rd & 4th Series of Ashtanga Vinyasa Yoga.** Out of these experiences and in partnership with Nicky Knoff, the Knoff Yoga System was birthed into existence.

**Where:** Canberra Yoga Space - Level 1 / 13 Botany Street, Phillip ACT 2606

**Cost:** Early bird \$250 until 31 May (includes all sessions) - \$275 full price from 1 June

**Schedule:** Friday 14 July to Sunday 16 July 2017

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|------------|----------------|---|
| * Friday   | 5:30 - 8pm     | Sun Salutations & Inverted Poses (Heating)    |
| * Saturday | 10am - 12:30pm | Standing Poses, Forward Bends & Sitting Poses |
| * Saturday | 1:30 - 4pm     | Arm Balancings & Abdominals                   |
| * Sunday   | 11:30am - 2pm  | Twists, Backbends & Inverted Poses (Cooling)  |

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