

Master Yoga Classes with James Bryan



4 & 5 NOVEMBER 2017

Yoga practitioners of all levels and traditions are invited to attend a weekend of fun, educational, master classes with a modern western teacher. James bridges correct anatomical alignment (to avoid injury) with the energetic principles of Bandha, Drishti, Ujjayi Pranayama and Vinyasa.

These master classes will use the Knoff Yoga Foundation Asana syllabus with an emphasis on the 24 Principles of Practice, which are universal in application and profound in effect.

SATURDAY, 4 NOV

9:30 am-12 noon › Earth & Sun Salutations, Inverted Poses, Pranayama

1:30-4 pm › Standing Poses, Forward Bends, Sitting Poses, Pranayama

SUNDAY, 5 NOV

9:30 am-12 noon › Arm Balancings, Abdominals, Pranayama

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



All master class participants receive (via email) extensive notes including:

- Knoff Yoga Overview
- Student Creed
- 5 Pillars of Practice
- 24 Principles of Practice
- Principles of Sequencing
- Foundation Asana syllabus

FEES › All 4 master classes on Sat & Sun, Early Bird: **\$250** – pay BEFORE 22 Sept 2017. General: **\$275** – pay AFTER 22 Sept 2017. One day attendance (2 master classes): **\$155**. Individual master classes: **\$75**

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 led to running marathons in the late 70's and early 80's. The stretching in long-distance training 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.



James will be teaching at **Yoga with Penina, 5b Courtenay Place, Wellington. Bookings essential. Classes limited to 25 participants.**

Contact **Penina** | 027 446 3176 | yogapenina@gmail.com

www.yogawithpenina.co.nz

In conjunction with:



**KNOFF
YOGA**

