

# 5-Day Intensive with Nicky Knoff



**TUESDAY 5 JUNE – SATURDAY 9 JUNE 2018**

## Foundation and Intermediate Syllabus

Practitioners of all 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 Foundation and Intermediate syllabus, with an emphasis on the Knoff Yoga fundamental 24 Principles of Practice, which are universal in application and profound in their effect. Don't miss this rare opportunity to learn from one of the true Mothers of Yoga.

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.



**6:00 am – 8:30 am daily**

### FEES >

Early Bird: **\$300** pay BEFORE 8 May 2018  
General: **\$350** pay AFTER 8 May 2018

~ BOOKINGS & PRE-PAYMENT ARE ESSENTIAL ~

All students will receive extensive notes:

- 24 Principles of Practice
- Knoff Yoga Intention for Practice
- Foundation & Intermediate Asana & Pranayama syllabus
- Knoff Yoga Overview
- Principles of Sequencing
- Chants

### ABOUT NICKY KNOFF

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.



Nicky Knoff will be teaching at:

**Yoga Harmony Perth**

Contact **Tatjana Luker** | 0403 227 422 | [info@yogaharmonyperth.com](mailto:info@yogaharmonyperth.com)

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

In conjunction with:



**KNOFF  
YOGA**