

Master Classes with Nicky Knoff



SUNDAY 3 JUNE & MONDAY 4 JUNE 2018

Discovery and Foundation Syllabus

Nicky Knoff will use the Discovery and Foundation Teacher Training Asana, Pranayama and Meditation syllabus as the basis for this master class workshop. 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.

Sunday: 9:30 am-12 pm / 1:30-4pm
Monday: 9:30 am-12pm / 1:30-4pm

All students will receive extensive notes:

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



FEES > Early Bird: **\$250** pay BEFORE 6 May 2018
General: **\$275** pay AFTER 6 May 2018

Individual day class: **\$150**

~ BOOKINGS & PRE-PAYMENT ARE ESSENTIAL ~

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

www.yogaharmonyperth.com

In conjunction with:



**KNOFF
YOGA**