

# 2 DAY INTENSIVE WITH NICKY KNOFF



YOGA PRACTITIONERS OF ALL LEVELS AND TRADITIONS ARE INVITED TO ATTEND THIS RARE OPPORTUNITY TO STUDY WITH ONE OF THE WORLD'S FOREMOST TEACHERS OF YOGA. THESE MASTER CLASSES WILL USE THE DISCOVERY AND FOUNDATION SYLLABUS, WITH AN EMPHASIS ON THE KNOFF YOGA FUNDAMENTAL 24 PRINCIPLES OF PRACTICE, WHICH ARE UNIVERSAL IN APPLICATION AND PROFOUND IN THEIR EFFECT.

Over this 10 Hour intensive all students will receive extensive notes on the Knoff Yoga Overview which will include Intention for Practice, 5 Pillars of Practice, 24 Principles of Practice, Principles of Sequencing, and Asana & Pranayama Syllabus (Discovery & Foundation).

Nicky is a 4th Series Ashtanga Vinyasa Yoga practitioner, certificated Iyengar Senior Yoga Teacher, Certificated College of India teacher with Bikram Choudhury, long-term Vipassana meditator, WWII concentration camp survivor, and founder of six yoga schools in New Zealand, Australia and USA.

SAT 13TH OCT 11AM - 5PM (30MIN BREAK)

SUNDAY 14TH OCT 11AM - 4PM (30MIN BREAK)

25 ROHINI STREET

PRICE \$300 EARLY BIRD \$275 PAID BY SEPT 13TH

TEL | 0418 138 779

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