

Exclusive Assisting / Adjusting Workshop

# with Master Teacher Nicky Knoff



Open to all Yoga Teachers & Experienced Students

Using the Knoff Yoga Foundation syllabus, learn how to safely and successfully adjust your yoga students in class.

Adjusting is for illumination of the student's understanding, helping them find where the body opens and allowing a better energy flow.

**COST** > Early Bird: **\$150** pay BEFORE 18th January 2019  
General: **\$175** pay AFTER 18th January 2019



Friday 22nd February 2019 | 12 - 5.30pm



**Location: The Yoga School, Piccones Village, Pease Street, Cairns**

Nicky will be available for private sessions:  
Monday 25th and Tuesday 26th - fee \$120 per hour

Please email [nicola@theyogaschool.com.au](mailto:nicola@theyogaschool.com.au)  
to book your place



**KNOFF  
YOGA**

In conjunction with: