

# Yoga Workshop with James Bryan



## 20-22 SEPTEMBER 2019

This Workshop is divided into 4 parts. Each session is designed to broaden your overall knowledge of yoga. All 4 sessions will be linked together, so at the completion you will have a deeper understanding of how Knoff Yoga works.

Friday starts with the Knoff Yoga 5 levels of Sun Salutations. These are progressive: Discovery, Foundation, Intermediate, Advanced and Master. Each level prepares you for the next. If you are ever short on time a properly activated Sun Salutation can almost be a complete practice in itself.

The 1st session on Saturday will unlock the building blocks of asana practice. We will explore the basic shapes and look at how they are inserted into various poses and combined to make many more.

The 2nd session on Saturday will focus on the 5 Pillars of Practice: Asana (alignment), Bandha (location, how to activate, and their benefits), Drishti (the eyes have it), Ujjayi Pranayama (how to do it correctly), and Vinyasa (linking techniques which turbo charge your practice).

On Sunday we will pull the preceding 3 sessions together for an hour of energizing asana and then dive deep inside with an hour of peace: guided relaxation, pranayama, and meditation based on the theory of brain wave patterns.

**FEES** > All 4 sessions, early-bird: **\$240\*** All 4 sessions, general: **\$275**  
Individual sessions, early-bird: **\$65\*** Individual sessions: **\$70**

\* Early-bird applies if paid in full before 9 August 2019.

### FRIDAY, 20 SEPTEMBER

#### 3:30-5:30 pm > Sun Salutations

Learn all 5 levels of the Knoff Yoga system of Sun Salutations. Each level will be pulled apart and looked at in detail. Questions are encouraged. Bring your cameras.

### SATURDAY, 21 SEPTEMBER

#### 12 noon-2 pm > Building Blocks

If you know what Lego building blocks are, then you already have a grasp of one of the basic aspects of classical yoga poses, i.e. they are made up of specific shapes. Learn the shapes and how they can be used.

#### 2:30-4:30 pm > 5 Pillars of Practice

Understanding the 5 Pillars of Practice gives you the knowledge and confidence to extract the most benefit from your time and effort on the mat. Without this knowledge you are floundering like a wet fish on the pier.

### SUNDAY, 22 SEPTEMBER

#### 11:45 am-1:45 pm > An hour of power, an hour of peace

Experience the power of connected postures followed by deep relaxation, breath-work, and meditation based on the Beta, Alpha, Theta and Delta brain-wave patterns.

**We need a minimum of 12 bookings for each workshop to go ahead so please book early.**

### 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 **The Yoga School, Suite 14, 159-161 Pease Street, Piccones Village, Edge Hill**  
Contact Ronnie | 0412 499 700 | Bookings are essential  
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In conjunction with:

