

Master Classes with Nicky Knoff

19 & 20 September 2020



SATURDAY 19 SEPTEMBER 2020

9am–2pm (30 minute break)

Practitioners of all levels and traditions are invited to attend.

27 Asana, 2 Pranayama, & Anapana Meditation

SUNDAY 20 SEPTEMBER 2020

11am–4pm (30 minute break)

Progressing on from Saturday's Master Class, based upon the same principles of practice but using a higher level of Asana, Pranayama and Meditation.

46 Asana, 9 Pranayama & Anapana Meditation

Freedom comes from mastery or a deep understanding of the subject. As Yoga is a huge topic with almost endless variety, it can be confusing and overwhelming. Even knowing where to start is a challenge.

Join Master Teacher Nicky Knoff on this exploration, where she will teach you how to use the compass of connection with your body and breath. This even paced Workshop will highlight the 5 tools of: Alignment, Bandhas, Drishti, Ujjayi Pranayama and Vinyasa.

If you are not 100% clear on what these 5 tools are or how to use them, this is your opportunity to learn in a safe and supportive environment. Nicky encourages questions and delights in sharing the joy of yoga with you.

All students will receive extensive notes including:

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

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.



MASTER CLASS FEES*

- Saturday AND Sunday: \$275 (Early bird \$250 if paid before 8th August)
- Saturday ONLY: \$150
- Sunday ONLY: \$150

Bookings are essential, visit our website to reserve your place.

To ensure the success of this event, we need 12 paid bookings by 20 August.

Nicky Knoff will be teaching at:

Ashtanga Yoga Centre of Melbourne, Australia

Contact **Greg Cooper** | 0421 799 365

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www.ashtangamelbourne.com.au



In conjunction with:

