

2-Day Workshop with Nicky Knoff

28 & 29 AUGUST 2021



Saturday 12 - 2.30 pm BACK TO BASICS

When you understand the "Basics" of Yoga it is like a penny dropping in your mind, you suddenly see the forest for the trees. Yoga is complex, but it can also be simple, when you realise that all of the techniques are designed to bring your awareness into the present moment. This Workshop session will focus on the basics, i.e. "step-by-step" of where and how to place your body with specific instructions, by highlighting the principles of body alignment.

Suitable to all levels of practitioner, including absolute beginners.

SESSION FEE > \$90
(\$75 Early Bird)

Saturday 3 - 5.30 pm EXPANDING YOUR EXPERIENCE

Once you understand basic body alignment, the next step is to incorporate matching the movement to the Breath (Vinyasa), Bandhas, Dristhi and Ujjayi Pranayama. If you don't know these terms then you definitely need to attend this Workshop session. A bicycle wheel is made up of spokes; missing or loose spokes do not allow the wheel to roll true. A yoga practice is made stronger by incorporating more than just Asana.

Suitable to regular practitioners Level 2 and above.

SESSION FEE > \$90
(\$75 Early Bird)

Sunday 11.30 am - 1.30 pm ASCENDING TO ADVANCED

Now that you have a handle on the Basics and have Expanded your Experience, it is time to learn the asanas and techniques which will enable you to climb to the top of the mountain. Unlike mountain climbing, with yoga you are not in danger of losing your life, but having advanced skills will certainly make the journey safer, more enjoyable and most importantly provide access to your deeper Self.

Suitable to experienced practitioners Level 3 and above.

SESSION FEE > \$70
(\$60 Early Bird)

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.

ALL 3 SESSIONS > \$220 (\$190 Early Bird)

** Early Bird applies if paid in full before 17 July 2021.*

Bookings are essential.

Nicky will be teaching at: **The Yoga School**
Suite 14, 159-161 Pease Street,
Piccones Village, Edge Hill

Book online via www.theyogaschool.com.au

For more information contact James **0415 362534**



In conjunction with:

