

2-Day Workshop with Nicky Knoff

25 & 26 SEPTEMBER 2021



SATURDAY 25 SEPTEMBER

1 pm to 5 pm with a 20-minute break

SUN SALUTATIONS & STANDING POSES

Sun Salutations are much more than a warm-up. Like the Sun, the Sun Salutations create heat, but it is possible to under-do and over-do. Like Goldilocks, you need to know how to activate just the right amount. Standing Poses are the perfect place to learn how to implement the concepts of anatomical alignment, muscular and energetic locks, breath, and eye focus. They are also very safe to perform, so the perfect place to learn.

Suitable to all levels of practitioner, including absolute beginners.

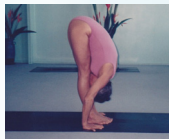
SUNDAY 26 SEPTEMBER

1 pm to 5 pm with a 20-minute break

INVERSIONS & BACKBENDS

Classical Inversions are Headstand and Shoulderstand. Because of the immense benefits they bestow, they are called the King and Queen of the asanas. To execute these safely, you need to know and understand the techniques required. Backbends are the most exciting and fun postures to perform, but you need to learn how to coil and not kink the spine. Discover how to lengthen and open the spine instead.

Suitable to regular practitioners.



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.

BOTH SESSIONS > \$285 (\$255 Early Bird)
SINGLE SESSION > \$150 (\$120 Early Bird)

Early Bird applies if paid in full 30 days prior.

Students are encouraged to BYO water bottle and afternoon tea.

Hosted by **Gold Coast Yoga Centre**
Palm Beach venue to be confirmed

BOOKINGS ESSENTIAL:
07 5534 2883 | yoga88@goldcoastyogacentre.com



In conjunction with:

