

Yoga Course with Nicky Knoff

SAT 16 & SUN 17 NOV 2024



Nicky Knoff will be back in Perth this coming November to offer three very special workshops that are suitable to yoga students of all traditions and levels, including beginners.

This is an incredible and unique chance to learn from a master yoga teacher with over 54 years of experience in both practicing and teaching yoga, as well as more than 30 years of leading teacher training programs. Having trained extensively with yoga legends, BKS Iyengar and Pattabhi Jois, Nicky possesses unparalleled expertise and deep understanding of the practice.

The sessions are designed to be progressive, with each one building on the previous. For this reason, we strongly recommend attending all three sessions to gain the maximum benefit from your time on the mat.

Extensive workshop notes will be provided.

**Nicky is available for private sessions, Wed 13 to Fri 15 Nov.
Call Nicky to arrange your session: 0475 240 222.**

ABOUT NICKY KNOFF: Nicky was a 4th Series Ashtanga Vinyasa Yoga practitioner; and is a 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.

Nicky will be teaching at: **Prana Yoga Perth**
51 Golf View Street, Yokine, WA 6060
(at the Vedanta Church)

For bookings, contact Andrea Morava **0405 273 194**



PRANA YOGA

SESSION ONE
Saturday 16 Nov
3 - 5:30 pm

SESSION TWO
Sunday 17 Nov
11:30 am - 2 pm

SESSION THREE
Sunday 17 Nov
3 - 5:30 pm

ALL 3 SESSIONS >
\$250 (\$225 Early Bird)

* *Early Bird applies if paid in full before 18 October 2024*

* *Individual sessions \$100 each*

Bookings are essential

Fees are non-refundable, however, your booking may be transferred to another student if you are unable to attend. A minimum of 10 students is required to run this workshop. If cancelled, all fees will be refunded.

In conjunction with:



KNOFF
YOGA