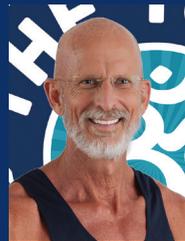


# Master Classes with James Bryan

27 & 28 May 2017



Practitioners of all levels and traditions are invited to attend these fun and educational master classes with a modern Western teacher who bridges correct anatomical alignment (injury free) with the energetic principles of Bandha, Drishti, Ujjayi Pranayama and Vinyasa.

These master classes will use the Knoff Yoga Foundation Asana syllabus with an emphasis on the 24 Principles of Practice, which are universal in application and profound in effect.

All master class participants will receive (via email) extensive notes including:

- Knoff Yoga Overview
- Student Creed
- 5 Pillars of Practice
- 24 Principles of Practice
- Principles of Sequencing
- Foundation Asana syllabus (Full, Day 1 & Day 2)

## 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.

## SATURDAY 27 MAY

11:30 am-2 pm › Sun Salutations & Inverted Poses (heating)

3-5:30 pm › Standing Poses, Forward Bends & Sitting Poses

## SUNDAY 28 MAY

9:30 am-12 pm › Arm Balancings & Abdominals

1:30-4 pm › Twists, Backbends and Inverted Poses (cooling)

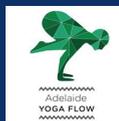
## MASTER CLASS FEES

- All 4 Master Classes on Sat & Sun  
**Early Bird: \$250**  
› pay BEFORE 16 Apr 2017  
**General: \$275**  
› pay AFTER 16 Apr 2017
- Individual Master Classes: **\$75**

James Bryan will be teaching at: **Adelaide Yoga Flow**

For more information and bookings, contact Sam & Dan  
08 7225 9070 | [info@adelaideyogaflow.com.au](mailto:info@adelaideyogaflow.com.au)

[www.adelaideyogaflow.com.au](http://www.adelaideyogaflow.com.au)



In conjunction with:

