

Master Classes with Nicky Knoff



6 & 7 OCTOBER 2018

Nicky Knoff will use the Intermediate Teacher Training Asana, Pranayama and Meditation syllabus as the basis for this intensive 2-day workshop. Don't miss this rare opportunity to learn from one of the true Mothers of Yoga.

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.

All students will receive extensive notes:

- 24 Principles of Practice
- Principles of Sequencing
- Knoff Yoga Intention for Practice
- Chants
- Knoff Yoga Overview
- Intermediate Asana & Pranayama syllabus

SATURDAY 6 OCTOBER

9:30 am–12 noon: Earth & Sun Salutations & Inverted Poses (heating), including Headstand

1:30–3 pm: Standing Poses, Forward Bends & Sitting Poses

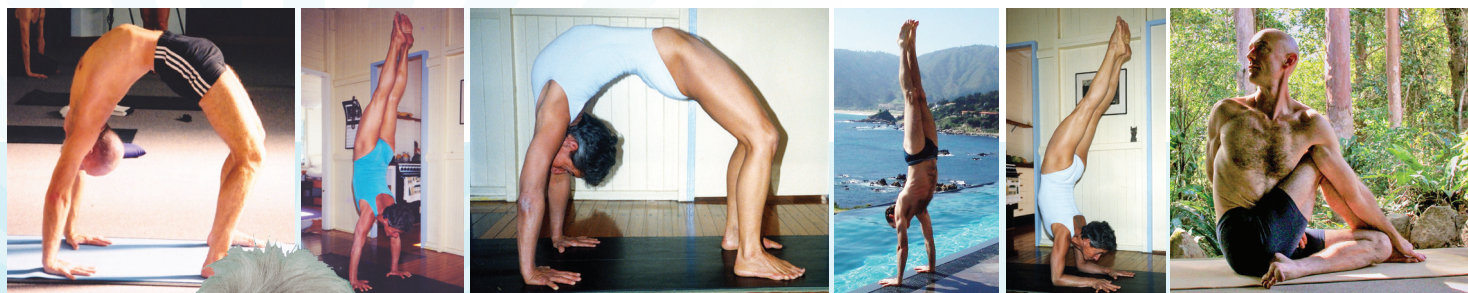
3–4 pm: Pranayama – Yogic Full Breath, Ujjayi, Viloma 1, 2 & 3

SUNDAY 7 OCTOBER

9:30 am–12 noon: Arm Balancings (including Handstand prep) & Abdominals

1:30–3 pm: Twists & Backbends & Inverted Poses (cooling) including Shoulderstand and variations

3–4 pm: Pranayama – Surya & Chandra Bhedana, Nadi Sodhana Pranayama, Bhastrika and Sitali



FEES > All Four Classes

Early Bird: **\$250** pay BEFORE 25 Aug 2018

General: **\$275** pay AFTER 25 Aug 2018

Individual Classes

\$75 per class

~ BOOKINGS & PRE-PAYMENT ARE ESSENTIAL ~

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.

Nicky Knoff will be teaching at:

Gold Coast Yoga Centre

Tallebudgera Valley Community Hall,
611 Tallebudgera Creek Road, Tallebudgera Valley

For more information and bookings, contact **Laura**
07 5534 2883 | yoga88@goldcoastyogacentre.com



In conjunction with:



**KNOFF
YOGA**