



# Ashtanga Extended Weekend

with Anne Nuotio from Helsinki



Thursday, Sept. 9th	
6:30 – 8:30 am	Morning Mysore
7:00 – 9:00 pm	Philosophy <b>1</b>

Friday, Sept. 10th	
6:30 – 8:30 am	Morning Mysore
7:00 – 9:00 pm	Breathing <b>2</b>

Saturday, Sept. 11th	
11:00 am – 1:00 pm	Led Primary
2:00 – 4:00 pm	Mula Bandha <b>3</b>

Sunday, Sept. 12th	
9:00 – 11:00 am	Morning Mysore
1:00 – 3:00 pm	Relaxation <b>4</b>

Prices	
Whole workshop thur – sun (3x Mysore, 1x Led Primary, 2x evening class, 2x weekend afternoon class)	EUR 220 / EUR 200*
Weekend only (Mysore and Led Primary + 2x afternoon classes)	EUR 120 / EUR 108*
Morning Mysore 3x & Led Primary only (single Mysore classes/drop-in only on availability)	EUR 110 / EUR 100*
Single evening/afternoon class thur – sun	EUR 33 / EUR 30*

\* PYI members & teachers

## Class descriptions:

- 1** Klesas in the asana practice and in daily life. Patanjali mentions in his Yoga Sutra five afflictions in human life: Avidya, Asmita, Raga, Dvesa, Abhinivesa. You can try to touch these also in your asana practice. Learn to recognize and understand these implicit energies in your body and mind and discover the soul's voice. Learn how to move on in challenging situations.
- 2** Learn the difference of natural breathing, conscious breathing, ujjayi breathing and how the prana is connected with your body. Improve your breathing and learn how to make it soft and at the same time strong in your practice.
- 3** Build your asana practice on Mula Bandha's balancing force. We go through asanas to feel and to experiment with this central force. You will be shown in a very clear way how to support and heal your body by using Mula Bandha correctly.
- 4** Experience how a relaxed body and a silent mind will open your consciousness to the present moment. Learn how to relax and how relaxation is connected to your breath. Followed by Yoga Nidra, traditional yogic led relaxation.



## Anne Nuotio

Anne found herself on the path of Ashtanga Yoga in 1995. Since then, there has been no turning back. From the very beginning, she has been a truly dedicated practitioner. The practice felt like an answer to all questions and gradually opened the divine level in her heart. Nowadays, Anne is the head and heart of Ashtanga Yoga Shala in Helsinki, Finland.

Both Guruji and Sharath are Anne's teachers. Anne got Guruji's blessing and authorization to teach the Primary series in 2002 and Sharath's authorization to teach the whole Intermediate series in 2009 after teacher training in Mysore, India. Also two other Indian teachers, Dr. M.A. Jayashree and Professor Narasimha, have had a great influence on Anne, as she has been studying Sanskrit, chanting, meditation and yoga philosophy with them. One of the most important aspects in Anne's teaching is the deep connection to her teachers whose wisdom she wishes to transmit.

For more informations please check her webpage [www.annenuotio.net](http://www.annenuotio.net) or her inspiring video clips on youtube.

**Bookings/Informations: Tel 069 - 66 42 68 50**  
or  
**[kontakt@privateyogainstitute.de](mailto:kontakt@privateyogainstitute.de)**

As the number of participants in the workshop is limited, places are reserved based on order of registration. Information will be placed on our webpage immediately should the workshop be sold out. **Registrations are only valid upon payment of the workshop fee**, which is to be transferred into our account **within 7 days of registration** or paid directly in the studio. Please note: Registrations are reserved upon acceptance of payment, however no written confirmation will follow. Cancellations are possible free of charge up to 6 weeks before the start date of the workshop. However, a charge of 25% of the workshop fee will be taken for cancellations up to 4 weeks before the course; 50% for up to 2 weeks. No reimbursement will be offered (also for cancellations based on medical conditions) after this time.

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