



# Ashtanga Intensive Program

with Gibran Gonzalez



**After the successful program in spring, another opportunity to practice Ashtanga Yoga over a three-month period in Frankfurt with an experienced and authorized Ashtanga teacher.**

Ashtanga Yoga is not only a class. It is a practice. It is a lineage that is passed from teacher to student. Private Yoga Institute gives you the opportunity to experience this with guest teacher Gibran Gonzales, who was the first mexican to be authorized directly by Shri K Pattabhi Jois and Sharath Rangaswamy. Experience the magic of a practice of movement, breath and line of vision that has been practiced for thousands of years and become a part of an ancient tradition that – with it's elegance and power- still fascinates students all over the world. With our Ashtanga Intensive Program we offer you the possibility to practice on a regular basis, ideally several times a week.

**Don't miss the chance to start something really special in your life – or to continue your yogic path. It will change you in many ways!** (Suitable for ALL levels of practice, beginners very welcome. Due to the increased number of regular practioners, only limited space available.)

The Program will start on saturday, August 28th at 3 – 5 p.m. with an **Introductory Led class**.  
The introduction's cost is **8 EUR**. Please sign up at [kontakt@privateyogainstitute.de](mailto:kontakt@privateyogainstitute.de)

## Class schedule\* September – November 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 – 9:15 am Mysore	6:15 – 9:15 am Mysore	6:15 – 9:15 am Mysore	6:15 – 9:15 am Mysore	6:15 – 9:15 am Mysore	9:00 – 10:30 am Intro to Ashtanga***	8:00 – 11:00 am Mysore
18:30 – 20:00** Led class (Beginners/ Intermediate)	20:00 – 21:30** Basic Ashtanga (Beginners)		18:00 – 19:30 Led class (Intermediate)	18:15 – 19:45** Basic Ashtanga (Beginners)	15:00 – 17:00 Led class (Advanced)	14:30 – 16:00** Led class (Beginners/ Intermediate)

\* exceptions on public holidays, moon days and during other workshops; \*\*taught by other teachers \*\*\*5-week course, starting Sept. 11 & Oct. 23, please register separately



### Gibran Gonzalez Madrid

Gibran's yogic path started in Mexico in 2000 with Baptiste Marceau and led him soon to regularly practice in India, first in Bangalore and then, in October 2005, in Mysore at the KPJAYI (Sri K Pattabhi Jois Ashtanga Yoga Institute) with Sri K Pattabhi Jois and Sharath Jois Rangaswamy. Having found his true

teachers, he has been returning there ever since for several months a year, currently practicing third series.

As a direct student of Sri K Pattabi Jois and Sharath Rangaswami his aim is to keep up the lineage alive and true to its origin. In March 2009, Gibran was given the Authorization and Blessings to teach Ashtanga Yoga by the KPJAYI as the first Mexican teacher. In July-August 2010 he successfully completed Sharath Rangaswamis Teacher Training and was invited to assist him in December 2010 in Mysore.

### Prices

Unlimited Ashtanga Mysore or Ashtanga led classes and 5-week Intro-Course (as mentioned above)	EUR 300
For Private Yoga Members: unlimited classes (as mentioned above + all other open classes on the regular schedule, membership EUR 70/month)	FREE
Four weeks unlimited <sup>1</sup>	EUR 150
One week unlimited <sup>1</sup>	EUR 80
Trial pass (5 times) in two weeks <sup>1</sup>	EUR 60
Drop-in class <sup>1</sup>	EUR 20
Upgrade for regular 10 class passes per class	EUR 5
5-week Beginners course only	EUR 75

<sup>1</sup> if signing up for whole program, paid amount will be deducted from EUR 300

**Bookings/Informations: Tel 069 - 66426850**  
OR  
[kontakt@privateyogainstitute.de](mailto:kontakt@privateyogainstitute.de)

# Private Yoga

INSTITUTE

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