



October 2nd-3rd 2010

Amazing Ashtanga Weekend

with **Kathleen Cooper** [authorized]



Kathleen Cooper is a ashtanga teacher of 34 years. As resident teacher at Ashtanga Lanka (Sri Lanka), she offers priceless insights born out of her long practice of ashtanga yoga that support practitioners to unlock and open to the practice, and unfold their natural state. The inherent wisdom of Ashtanga yoga has led her on a transformative journey. She believes that being present in the body through the connection of the breath and bandhas is the key which unlocks the blocks as this union is the place where the mental/emotional/physical bodies find their release and begin to unwind.

Take the opportunity to meet a teacher, whose beautiful personality is an inspiration to everyone who meets her.

Saturday, Oct 2nd	
10:00 – 12:00 am	Mysore Class
1:00 – 3:00 pm	Breath & Bandhas Workshop

Sunday, Oct 3rd	
10:00 – 12:00 am	Mysore Class
1:00 – 3:00 pm	Alignment Workshop



Kathleen Cooper

Kathy has been practicing Ashtanga consistently for 34 years and is one of the first-generation Ashtanga teachers in the West.

Starting with David Williams and Nancy Gilgoff from who she learned the Advanced A&B (3rd and 4th) series, she soon met and studied with Sri K. Pattabhi Jois in both the US and Mysore, India. Her students say that her being expresses a lifetime of accumulated wisdom that facilitates openness and fearlessness.

Prices

Single class or Workshop	EUR 35
Two or more (each class)	EUR 30
Whole weekend (2 classes + both workshops)	EUR 110

Bookings/Informations: Tel 069 - 66426850

or

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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Private Yoga

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