



May 9th - 15th 2011

Ashtanga Week

with Petri Räisänen [authorized]



Ashtanga Week

Discover the beauty and grace of Ashtanga Vinyasa Yoga with the internationally known and respected teacher Petri Räisänen from Helsinki. Dive deeper into your Ashtanga Yoga practice, both on and off the mat. Explore the tremendous energy and potential that a comprehensive Yoga practice can awaken within your body and spirit by taking part in the morning self practice classes for students who know the series and the order of the positions and enjoy Petri's beneficial advice and adjustments in the class. In the two evening classes get some further insight into the exact vinyasa counting method and technique as well as correct alignment.

Monday, May 9th 2011	Tuesday, May 10th 2011	Wednesday, May 11th 2011	Thursday, May 12th 2011	Friday, May 13th 2011	Saturday, May 14th 2011	Sunday, May 15th 2011
05:45 – 07:30/ 07:30 – 09:15 Mysore (two classes*)	05:45 – 07:30/ 07:30 – 09:15 Mysore (two classes*)	05:45 – 07:30/ 07:30 – 09:15 Mysore (two classes*)	05:45 – 07:30/ 07:30 – 09:15 Mysore (two classes*)	05:45 – 07:30/ 07:30 – 09:15 Mysore (two classes*)	09:00 – 11:00 Mysore 12:30 – 14:30 Led Primary	08:30 – 10:15/ 10:15 – 12:00 Mysore (two classes*)
	18:00 – 20:00 Technique class: Vinyasa count & dristis		18:00 – 20:00 Technique class: Adjustements	18:00 – ... Meet & Greet	15:00 – 17:00 Technique class: Intermediate series	13:30 – 17:30 Energy Healing

*when booking please indicate which class you would prefer and if both classes would be possible



Petri Räisänen

Petri Raisanen is internationally known and respected as one of Ashtanga yoga's new generation of teachers. He is a devoted student of his Guru, Sri K. Pattabhi Jois, who has authorized Petri to teach, and Petri carefully passes on his Guru's exact teachings. Petri started practicing Ashtanga yoga in 1988 and is co-owner and Director of Ashtanga Yoga Helsinki, one of the world's largest Yoga Shalas, which he founded with his friend Juha Javanainen in 1997.

In his yogic path Petri has studied with respected Ashtanga teachers such as his first teacher Derek Ireland, Radha Warrel, Gwendoline Hunt, and Eddie Stern in addition to his main teachers Lino Miele and Sri K. Pattabi Jois.

Petri focuses his teaching on integrating healing and therapy with yoga, meeting student's individual needs and guiding their progress. His yoga pose adjustments are gentle, effective, and therapeutic and, according to some of his students, almost magical as he incorporates elements from his past practices as a traditional Finnish folk healer.

**For students from other cities/countries:
please inform us if you need help with your accomodation**

Prices	
Whole WEEK (7 practice classes (mysore or led on sat) & 3 technique classes & 1 workshop/ please indicate which mysore class and if mysore or led class on sat)	EUR 320/290*
Whole WEEKEND (2 mysore classes OR 1 led class + 1 Mysore & 1 technique class & workshop)	EUR 125/115*
Daily Mysore (Mon-Sun)	EUR 185/170*
7 – 10 classes	per class EUR 28/25*
3 – 6 classes	per class EUR 30,-
Single class	EUR 35
Energy healing workshop only	EUR 55

* early registration and payment before March 20th

Bookings/Informations: Tel 069 - 66 42 68 50

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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