



February 11. - 17. 2012

# Ashtanga Mysore Practice and Workshops

with Clayton Horton



## Saturday 11.02.2012

9.30 – 12.30 am 3 hours  
ASHTANGA PRIMARY SERIES

This workshop will be an opportunity for students to experience the Primary Series of Ashtanga Yoga in a relaxed and informative manner. Aspects of vinyasa, drishti, bandhas, mudras, and yoga philosophy will be presented. Modifications will be given for the more difficult poses in the Series. Suitable for students of all levels.

2.30 – 5.00 pm 2.5 hours

INTRODUCTION TO THE INTERMEDIATE SERIES – BACKBENDS, TWISTS AND ARM BALANCES

A healthy balance of poses sequenced to develop core strength and tone the nervous system. Foundations of technique and alignment will be addressed. Recommended for those who have a regular and consistent yoga practice. No prior Intermed. series experience required.

## Sunday 12.02.2012

9.30 – 12.00 am 2.5 hours  
MYSORE PRACTICE

1.30 – 5.00 pm 3.5 hours  
HANDS ON ADJUSTMENTS CLINIC

This workshop will provide the opportunity for teachers and practitioners to deepen their knowledge of giving adjustments in poses common to the various traditions of Hatha Yoga. Come gain confidence and experience in giving hands on and verbal adjustments in a safe, effective and efficient manner. Seeing bodies, reading of students energies and determining students' needs will be addressed. Partnering and giving hands on adjustments while refining communication skills will provide useful skills and techniques for all.

## Monday– Friday MORNING 13.–17.02.2012

6.30 – 9.00 am  
MYSORE PRACTICE; individual starting time until 7.45 am

## Monday EVENING 13.02.2012

6.30 – 9.00 pm 2.5 hours  
SWEET SURRENDER – HIP OPENING AND BACKBENDING WORKSHOP

This workshop is a stepping stone to accessing the tight and sometimes troublesome areas of the yogin's body. An assortment of postures to liberate the pelvis, shoulders and the heart. By nature, a usually well attended workshop. Please be advised not to eat 3 hours before this workshop.

## Tuesday EVENING 14.02.2012

6.30 – 8.00 pm 1.5 hours  
PURIFICATION – YOGA CHIKITSA: TRADITIONAL ASHTANGA PRIMARY SERIES

This workshop will consist of the traditional counted vinyasas of the primary series. A consistent pace, physical purification and concentration will be generated by breath, movement and attention. Be prepared to sweat.

## Thursday EVENING 16.02.2012

6.30 – 8.00 pm 1.5 hours  
WAKING THE COBRA – PRANYAMA AND MEDITATION WORKSHOP

In this workshop, we will work with the elements of breath, posture, mantra, mudra and bandha to cultivate stillness, peace of mind and mental clarity. Suitable for practitioners of all levels. The workshop will begin with a brief discussion and will conclude with a seated meditation. Please be advised not to eat 3 hours before this workshop.

## Prices

6 MYSORE CLASSES		EUR 150/120*
3–5 MYSORE CLASSES	per class	EUR 28/23*
SINGLE MYSORE	per class	EUR 30
SAT MORNING WORKSHOP 3 hours		EUR 55/50*
SAT AFTERNOON WORKSHOP 2.5 hours		EUR 50/45*
SUN ADJUSTMENT WORKSHOP 3.5 hours		EUR 60/55*
THREE EVENING CLASSES		EUR 95/85*
MON EVENING CLASS		EUR 40/35*
TUE or THUR EVENING CLASS		EUR 35/30*
WHOLE WEEKEND (3weekend workshops, 1xMysore)		EUR 180/165*
WHOLE WEEK (6x Mysore, 3weekend workshops, 3evening classes)		EUR 370/335*

\*for members at Ashtanga Yoga Shala or PYI



Clayton Horton

Clayton Horton is the Director of Greenpath Yoga. He has been a student of yoga for over 22 years and began teaching in 1996. He is a student of Sri K. Pattabhi Jois and the Greensufi. His practice is deeply rooted in the Ashtanga Tradition and daily meditation. He is a member of the Yoga Society of San Francisco Brahmananda Ashram and a Founding Board Member of the Green Yoga Association.

Clayton received Formal Authorization to teach Ashtanga Yoga from the K. Pattabhi Jois Ashtanga Yoga Institute of Mysore, South India in 2003. Clayton is based in Boracay, Philippines. He travels regularly to Asia, Europe and South America to teach workshops, trainings and retreats.

Clayton travels yearly to Mysore, India to study at the Sri K. Pattabhi Jois Ashtanga Yoga Institute.

For more information: [www.greenpathyoga.org](http://www.greenpathyoga.org)

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ASHTANGA YOGA  
SHALA FRANKFURT

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