

Astanga Yoga School of Copenhagen
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AṢṬĀŅGA YOGA



SRI K. PATTABHI JOIS

is the living master of Astanga Yoga and the radiant force behind its worldwide dissemination - and he is on his tour to Europe this summer also coming to Copenhagen. Guruji will be assisted by Sharath Rangaswamy, who is assisting Director of the Astanga Yoga Research Institute in Mysore, and Saraswathi Rangaswamy, who is Guruji's daughter.

www.astanga.dk

GURUJI IN COPENHAGEN

WORKSHOP 14TH TO 18TH OF AUGUST 2006 LED COUNTED CLASSES



Astanga Yoga Skole København



SRI K. PATTABHI JOIS IS GIVING ASTANGA YOGA WORKSHOP IN COPENHAGEN FROM MONDAY 14TH TO FRIDAY 18TH OF AUGUST 2006.

Guruji will be counting the full primary serie - with all asana and vinyasa. The workshop is suitable for all practitioners of Astanga yoga - also if you have not completed the primary series.

Place: King Frederik d. IX's hall on Institute of Exercise and Sport Sciences, University of Copenhagen on Nørre Alle 57.

Time: Monday 14th till Friday 18th of August every morning at 7.00 am.

Conference: On Wednesday afternoon at 16.30 pm there will be the opportunity to meet Guruji and his family on the Astanga Yoga School on Vesterbrogade 24 B.

Price: All days - 1.500 danish kroner / single days - 375 danish kroner.

Sign-up: Directly on the Astanga Yoga School or via e-mail to info@astanga.dk. Your space is secure when we have received your full payment. For further information go to www.astanga.dk



Guruji, which Pattabhi Jois is called by his students, is teaching the traditional Astanga yoga, which he learned from his guru Sri T. Krishnamacharya many years ago in Mysore and has been teaching ever since. Sri K. Pattabhi Jois' form of teaching and the vinyasa method started to blossom in Copenhagen in the summer 2000 when the Astanga Yoga School opened. And the main reason of this success is without doubt our dedicated yoga teacher Lino Miele, who has been channelling Guruji's teaching and wisdom to us through many years, and now also has put his heart into this unique opportunity for everybody to meet Guruji.

Namastè Astangies

We, students in Copenhagen of our guru Sri K. Pattabhi Jois, can with great happiness announce that now after Guruji's 90 years birthday and more than 65 years of teaching he is coming to Copenhagen, and we are hereby inviting all astangies in Denmark, Scandinavia and the rest of Europe to come and meet him.

Om Shanti

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