



NEW · BEGINNERS COURSE

Breathe. Move. Begin.

Beginners Ashtanga Vinyasa Course

Curious about Ashtanga but not sure where to start?

This four-week course is your way in. You will learn the method from the ground up, one layer at a time: breath first, then movement, then focus, then the energetic “locks” that make the practice feel light and powerful.

Each week begins with a two-hour session that mixes theory and practice. After that you come to two practice classes, so you spend **12 classes** with us over four weeks. By the end you will know a full standing sequence and be ready to try a Mysore-style class.

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WEEK 1

Foundations

- What Ashtanga and Ashtanga Vinyasa really are
- The Tristana and the four pillars of the practice
- Ujjayi breathing, the sound and rhythm that carries you through
- A first taste of the postural practice

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WEEK 2

Flow

- Vinyasa theory and the art of the count
- The Focussed 12, and the mind and body link:
“Breath is the bridge between our mind and our body.”
Thich Nhat Hanh
- Learning the technique that keeps your practice safe and sustainable as we progress with our postural practice

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WEEK 3

Focus

- Drishti, the gaze that quiets the mind: where do we focus our sight as we move through our practice
- Technique of asana: adding new postures and tying it all together, linking mind and breath through vinyasa
- Mantra and chanting, to open and close the practice

4

WEEK 4

Fire

- Bandha philosophy and practice: exploring the energetic seals and locks in our body and how they relate to physical anatomy
- Your first look at Mysore style, the traditional self-paced way to practise and become independent in your practice

No experience needed.

Come as you are, and **leave with a practice you can take home.**

STARTS

Sat 14 Nov

11.00 am · for 4 weeks

INCLUDES

12

sessions in total

PRICE

€120

full course