



## **Ashtanga Basics for beginners by Cheuk Na in September.**

Sept 1, 8, 15, 22, 29 & Oct. 6  
(6 Saturdays)

Time: 1030-1200

Cost: \$2100 / Early bird: \$1800 paid on or before Aug 24  
(Max 10 students )

The essence of the vinyasa element of Ashtanga Yoga is a synchronicity of breath and movement. This workshop introduces step by step guide from Sun Salutation, the standing, seated and finishing sequence of The Primary series.