



2020年5月~7月 準習練课持续工作坊-卓娜老師

Mysore 习练者的第一大素质养成就是在整个练习过程都要和自己的呼吸联结，随时都意识到和倾听自己的呼吸，让呼吸做自己身体动作流的领舞者。

Ashtanga 在持戒和精進的基础上练习体位法和呼吸法，以三摩地为所缘的习练者以此为手段进而達至收攝六根净念相继的心一境性定境。

习练课程内容包括：

1. 如何理解体位法？
2. 呼吸是什么？
3. 何谓氣？
4. 我在做什么？
5. 我想要什么？

为初學者提供以身修心的基础入门培训，欢迎对身心健康有追求人仕参加。

月份：五，六，七（三個月，中文授課為主，英文為補）

日子：星期 一，三，五

時間：0615-0715 口令課

日子：星期日

時間：1030-1230 體位法技巧和問答

收費：港幣（現金或支票）

一個月：\$2500

三個月：\$6000

2020 May ~ July Working towards self-practice, (Mysore) Workshop by Cheuk Na

The Ashtanga practice of asana and pranayama are base on the fundamental of self-discipline and breath refinement. Following the path towards samadhi, the practitioners, works towards senses withdrawal (pratyahara) and concentration of the mind to become one-pointed (dharana).

The workshop includes:

1. How is Asana understood?
2. What is breath?
3. What is meant by "Qi" (Prana)
4. What am I doing?
5. What do I want?

To provide beginners with the basic training of self-practice, class open to everyone who wish to seek physical and mental health.

Month: May, June & July (3 months)

Day: **Mon, Wed & Fri**

Time: 0615-0715 LED

Day: **Sunday**

Time: 1030-1230 Technic & QA

(Class in Chinese as main language, English secondary)

Cost: HKD (cash or check, payable to Yoga Mala Ltd.)

Per month: \$2500

3 months: \$6000