



Pre-Christmas Special Ashtanga Vinyasa Yoga Second Series Weekend Immersion Course with Dorothy Loh

Dates: Dec 3,10,17 & 24
Time: 10:30-13:00
Total cost: \$2200
Early bird: \$2,000 payment by 20 Nov
Drop in: \$600 per class

Four weekend gatherings to prepare you for a festive season leading up to the Year of Dog 2018.

A slow, self-honouring approach to learn the Second Series known as Nadi Sodhana. Learn in a step-by-step way to reverse our primary pattern of forward-bending in the First series to heart-opening back-bending in the Second Series.

The course deepens our knowledge of the Ashtanga Vinyasa Yoga as one integrated practice towards opening up our “sacred geometry” and leading us to “become one with ourselves” — (Manju P Jois).