



John Scott @ Yoga Mala 10-14th Nov, 2019

Nov 10: Sunday workshop

Mala - the wheel of Ashtanga Yoga.

Mind Breath Movement Synchronicity, to arrive in the state of Yoga – in the moment of 'NOW'

0800-1000: Counted-LED Primary

1030-1230: Ashtanga & Meditation - the yogic concentration.

(22 students)

Nov 11-14: 4 days Mysore-assisted self-practice

Time: 0730-1000 (Mon-Thurs)

Opening chant together and closing chant at 0945
(22 students)

Workshop cost:

5 days full: \$4500

4 days Mysore: \$3600

Workshop only: \$1800

Early bird: payment on or before 30 Sept.

5 days full : \$4000

4 days Mysore : \$3200

Workshop only: \$1600

Registration required, please send message to info@yogamala.com.hk
or leave us a message here.