



## **Michel & Rosslyn @ Yoga Mala Sept 4 - 8, 2019.**

### **Sept 4 & 5**

0730-0945 : Mysore

1000-1100 : Kriya, Pranayama & Meditation  
(20 students)

### **Sept 6**

0800-1000 : LED primary

1000-1100 : Kriya, Pranayama & Meditation  
(22 students)

### **Weekend workshop**

#### **Sept 7: 0800-1030**

STANDING POSES - IMPROVE STRENGTH  
(22 students)

#### **Sept 8: 0800-1030**

HAPPY BACKBEND  
(22 students)

## **WEEKEND WORKSHOP CLASS DESCRIPTION**

### **STANDING POSES - IMPROVE STRENGTH & FLEXIBILITY**

Let's explore the hidden treasures in the standing poses which we practice almost everyday. Standing poses are excellent to enhance your strength and flexibility safely. We will explore different poses which will give you new tools to improve your practice.

### **HAPPY BACKBEND**

Having a pain-free, healthy lower back is paramount not only to your yoga practice, but also to a healthy lifestyle. Learn how to maintain your natural curves by proper alignment. We will emphasise on relieving stress in the lower back and finding space in the mid to upper back through poses, like urdhva danurasana, ustrasana,...etc.

## **ABOUT THE TEACHER**

### **Michel Besnard**

Originally from France, Michel was based in Hong Kong where he was the founder of Yogasana, the very first Ashtanga Shala in Hong Kong in 2002, and was also one of the first to in Hong Kong to establish Yoga Teacher Trainings.

Prior to Hong Kong, Michel ran a successful Iyengar school "Noosa Yoga Centre" in Australia from 1987 to 1996 and from 1997 to 2000 he taught Ashtanga Vinyasa Yoga in Vienna, Austria. In the past two decades, Michel has taught yoga and conducted teacher trainings in different parts of the world including Asia, the United States, Austria, England, France and Australia.

Michel's teaching philosophy is to provide students with clear and sensitive guidance, encouraging them to listen to the needs of the body without pushing or straining, thus making space for their own understanding. Ultimately, Michel encourages everyone to take the practice, but not themselves, seriously.

As a student, Michel has been immersed in the tradition of yoga over 30 years of study with world-renowned teachers. He began practicing yoga in 1978, and has been teaching since 1983. He started with Iyengar yoga and was a direct student of BKS Iyengar himself, having made regular trips to study under his teacher in Pune, India. He later discovered Ashtanga Vinyasa Yoga and studied directly under Sri K. Pattabhi Jois in Mysore, India on several extended trips to India. After 1993, Ashtanga Vinyasa became his primary focus and he now teaches and practices this powerful, ancient system of yoga. Subsequently in 2002 Michel met Ramesh Balshekar an Avidya Vedanta Teacher from Mumbai and has been avidly his student since.

Along with yoga, Michel has an extensive background in bodywork and postural alignment. He is an advanced Reiki practitioner and a certified Advanced Postural Integrator certified by Psycho-Physical institute of San Francisco and holds a certificate from the Gestalt Institute of Melbourne Australia.

Truly a teacher's teacher, Michel has trained instructors in 10 different countries and is accredited by IYTA (International Yoga Teacher Association) and Yoga Alliance at the 500-hour level trainer level (highest possible). Michel brings the depth of knowledge and years of experience into class that is so often lacking in modern yoga trainers.

## **ROSLYN YING'S BIO**

Yoga has been a part of my life since 2000, and my practice has helped me grow stronger, more flexible and fearless, both on and off the mat. Yoga inspires me to live each moment more mindfully. Teaching Yoga Teacher Training & workshops with Michel Besnard over 10 years has speeded up my growth on the yoga path.

I completed my 200 hour Vinyasa Flow training at YOGASANA , Hong Kong in 2005 and my 500 hour advanced training at Absolute Yoga, Koh Samui, 2010. I will always be a student of the practice, I attended various workshops of world renowned yoga teachers to absorb the essence of their practice. I am deeply grateful for the loving wisdom my teachers have shared with me. Besides, I am also interested in yoga philosophy, I did two years online courses with Carlos Pomedá, and took his intense course once a year for six years.

Anatomy is another part which allows me to understand how to respect everyone's body is unique. I had been studied with Leslie Kaminoff for a year online. Currently, I study Pranayama with Sri O P Tiwari since 2013.

In my classes, I love to combine creative sequencing, a spirit of playfulness and a dose of inspiration to help you deepen your practice. I seek to help others thrive in live by nurturing body, mind and soul with yoga, and my hope is that you step off the mat feeling refreshed, nourished and balanced.”

## **WORKSHOP COST**

All 5 days \$3600

Early bird \$3200 payment on or before 31 July

4 days, Mysore & Weekend workshop

Fee: \$3000/ early bird \$2800

3 days, Led Primary & Weekend workshop

Fee: \$2400 / early bird \$2200

2 days, Weekend Workshop

\$1700 / early bird \$1500

No drop in.

Cash or check only, check payable to Yoga Mala Ltd.

Drop us a message here or send email to [info@yogamala.com.hk](mailto:info@yogamala.com.hk) for registration.

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