

THE ASHTANGA YOGA INTENSIVE

AT JALA FLOW YOGA, HIGH ST, SIDMOUTH, EX10 8LN

Monday 22nd – Friday 26th May 2017 – Price £350 (booking essential)

The workshop will be a maximum of 15 people practising only, book early to avoid disappointment.

Daily Schedule: - 12-2pm – Mysore practice

2-3pm – Pranayama, chanting, Q&A

Manju will introduce the original Sanskrit counting method, helping students learn the correct breath sequence of Primary Series. A combination of meditation chants, pranayama's and asanas make each practice session the purest experience of Ashtanga Yoga.

The Shanti Mantras, or Vedic Peace Chants, spread the benefits of practice beyond the self. Taking the time to learn and repeat the Shanti Mantras is very powerful -- having occasion to practice them with others is astounding. Manju offers truly authentic guidance for all who wish to follow Ashtanga's life-enriching path to Enlightenment.

Manju's dedicated lifelong mission is to provide training for students and teachers in the ancient traditions of authentic Ashtanga Yoga. He is honoured to offer guidance to all who wish to learn and benefit from Ashtanga Yoga's ancient and time-honoured practices. Manju's teaching style is spiritual, intensive, inspiring and humorous. He is renowned for assisting students deeper into poses. He honours the ancient Ashtanga tradition and teaches his students with clarity and enthusiasm.

Enjoy this rare opportunity to learn from a genuine Indian Master as he guides you to "Unite with Yourself". Ashtanga Intensive workshops are suitable for all students of all levels but not complete beginners to Ashtanga as some knowledge is required. It will contain a combination of Led and Mysore (assisted self-practice) classes.

MANJU JOIS

Manju Jois is the oldest son of Sri K. Pattabhi Jois and uses only the ancient practices, offering truly authentic guidance for all who wish to

follow Ashtanga's life enriching path to Enlightenment. Manju Jois began his own personal yoga practice at the age of 7 with his father as his Guru and began teaching at the age of 15. He has taught continuously throughout the world for over 50 years.

Manju is dedicated to his mission of teaching the ancient tradition of Ashtanga Vinyasa Yoga, for a total mind-body-spirit unification with Self. Manju and his father, Shri Pattabhi Jois, brought Ashtanga Vinyasa Yoga to America in 1975 and Manju has travelled worldwide teaching this tradition as taught to Pattabhi Jois by his legendary teacher T Krishnamacharya.

ASHTANGA YOGA

Ashtanga Yoga is a form of Hatha Yoga that uses a powerful sequence of postures combined with breath to create an internal heat that opens the muscles and purifies the body. Ashtanga Yoga is an ancient systematic practice of yoga that slowly builds in difficulty to allow students to safely access their full potential. Focus on breath, balance, and energy allows students to bring all their attention to the flow of postures in moving meditation. Ashtanga yoga is a rigorous, physically demanding practice.



Terms & Conditions

£100 **non-refundable** deposit is required upon booking to secure your place.

The remaining balance is due no later than 6 weeks before workshop date.

We will provide a full refund (less deposit) to those who cancel 28 days before the workshop commences. After this time, there will be no refund unless your place can be secured from a waiting list, in which case your fee will be refunded (less the deposit).

Should the event be cancelled by Jala Flow Yoga you will be offered a refund or alternatively credit be given to you against future events held by Jala Flow Yoga.

Workshop spaces are not to be shared or transferred between students. Please do attend all scheduled sessions booked for at a workshop, they are presented to give you the optimum experience of the workshop teachings. Due to teacher cancellations, low bookings or other situations outside of our control, some courses may be temporarily or permanently unavailable. We reserve the right to make any changes to our programme, courses or teachers. Alternative arrangements are offered to the best of our ability but, if not taken up, we do not accept responsibility for any costs incurred, including travel costs.

We ask that you tell the teacher if you have any pre-existing injury or illness that is relevant. We advise that if you are feeling any pain or illness during any class that you stop and rest.