



Greg Nardi (USA) as guest teacher at Ashtanga Yoga Plus, Königstein September 19th until 22nd, 2019



Greg is the owner of Ashtanga Yoga Worldwide where he teaches a Mysore program almost daily as well as an internationally renowned teacher of workshops in yoga practice and theory. Greg's classes and workshops draw on his experience in the oral tradition of yoga that he participated in on numerous trips to study in Mysore, India and with teachers in N. America and Europe, his years of practice, and his ongoing self-study of academic research in contemporary and traditional yoga.

Greg has dedicated himself to shifting power dynamics and developing a consent driven, student centered approach to the teaching and practice of Ashtanga Yoga. Greg believes in the healing power of yoga for all. His style of teaching assists students in finding the approach to the practice that is most beneficial for them.

From **Thursday, September 19th to Sunday, September 22nd**, Greg Nardi will be teaching **traditional Ashtanga Vinyasa Yoga, Mysore-style** at Ashtanga Yoga Plus in Königstein:

Schedule

	Thursday Sept 19th	Friday Sept 20th	Saturday Sept 21st	Sunday Sept 22nd
6 - 8 am	Mysore I	Mysore I		
7 - 9 am			Mysore I	Mysore I
10 - 12 am			Philosophy and Chanting	Philosophy and Chanting
3 - 5.30 pm		Technique	Technique	Technique
6 - 8 pm	Mysore II	Mysore II	Mysore II	Mysore II

For those unable to take the entire workshop, we strongly suggest to book the Technique classes together with the Mysore for optimal learning (special price, see below). They will specifically address those issues that will come up in the Mysore classes, as well as individual questions. In the Philosophy classes, we shall discuss the meaning of yoga philosophy for modern day life.

Cost	Early bird (before July 1st)	Regular price
Full program	350 €	410 €
Mysore plus all Technique workshops	250 €	300 €
Mysore only (4x)	150 €	180 €
Technique workshop (1x/3x)	60 €/140 €	65 €/160 €
Philosophy workshop (1x/2x)	55 €/100 €	60 €/110 €

Registration is mandatory and binding, as space is limited to 10 people (first come, first served). For Mysore sessions, priority is given to students who intend to practice every day. For more information and registration please contact Matthias at mkhschmidt@gmail.com.

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