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## Ashtanga Vinyasa Yoga - dynamic yoga for more flexibility and strength

**Ashtanga Vinyasa Yoga** is a yoga style that enhances strength, flexibility, endurance and balance. Sri K. Pattabhi Jois from Mysore, India, developed it and made it known internationally.

**Ashtanga Vinyasa Yoga** consists of a fixed sequence of positions that build upon one another. The student internalizes the sequence through regular practice, so that he over time can also practice independently of the teacher.

**Ashtanga Vinyasa Yoga** is a form of intensive body work that also has positive and strengthening effects on the emotional and the mental level.

„Ashtanga Yoga is for everybody, just not for lazy people.“ (Pattabhi Jois)

### Mysore style classes

In these classes (named after the Indian town Mysore) you practice the yoga positions at your speed and on your level. The teacher supports you as need be. Within the class times, you can start and finish individually (in the beginning, the practice takes about half an hour, with increased condition and expertise about 90 min).

### Class schedule

07.45 - 10.15 a.m. Sunday  
09.00 - 10.30 a.m. Tuesday, Thursday and Friday  
06.15 - 07.45 p.m. Monday till Thursday  
(Tuesday until 8.30 p.m.)

Mysore classes are well suitable for beginners as well as for people coming from other yoga styles. In order to get to know the style and myself, I offer a 4-weeks-trial period at special prices.

### Led classes

During **led classes** you practice in the group's rhythm of breathing and moving, guided by the teacher. This requires some basic knowledge of the style.

**Led classes** take place **once per month on a Thursday from 6.15 to 7.45 p.m.** and **once per month on a Friday from 9 to 10.30 a.m.** The exact dates can be found on my website.

### Private lessons

A very effective way to learn or deepen **Ashtanga Vinyasa Yoga** are **Private lessons**.

### Prices Mysore and led classes

1 calender month	100 €
10 classes (valid for 6 months)	150 €
Drop-in	20 €
Getting to know class once/thrice	12 €/30 €
4-weeks-trial period	50 €
Private lessons 60 min	80 €
(10 € extra for every additional person)	

### About my background

I have been practicing **Ashtanga Vinyasa Yoga** since 2008 and teaching it since 2010. I continuously participate in workshops to deepen my knowledge, also concerning the therapeutical aspects of yoga.



Since 2012, I am teach in my own studio.

I also teach **Pranayama**. This means the conscious control and deepening of the breathing („prana“ = breath and more generally life force, „ayama“ = control and expansion). Breath is life. In Pranayamam the breathing is utilized to achieve more health and joy of living.

Already since 2001, I am accompanying people in their personal development with coaching, energy work and family and systemic constellation work and by teaching certain meditation techniques. Before that, I was active in the health industry. By education, I am a physicist and a medical doctor.