

David Swenson

WORKSHOP



FRI., SAT., SUN. SEPTEMBER 7-9, 2018 AT
ASHTANGA YOGA CENTER

FRIDAY, 9/7/18:

Flying, Floating & Handstands

Join David to break down "The Physics of Flight" in a fun-filled exploration of vinyasa and arm-balances. Appropriate for all levels of practitioners.

5:30-8pm - \$70

SATURDAY, 9/8/18:

Ashtanga's Greatest Hits

A guided tour of asanas from the Primary, Intermediate and Advanced Series. Alternatives are provided to make this class appropriate for all levels of practitioners.

12-2:30pm - \$70*

Eight Limbs & Daily Life

David will discuss the Eight Limbs of Ashtanga Yoga and explore their applications within the challenges of modern life.

3:30-6pm - \$70*

***OR both Saturday classes for \$130**

SUNDAY, 9/9/18:

Second Series Guided Tour

Guided Second Series with alternatives and techniques to make the postures more accessible to all. Students should have a regular practice of the First Series in order to attend this class.

8-10:30am - \$70*

Tools, Talents & Techniques for Teachers

Using both Q & A and partner work students will learn how to work with different body types and skill levels. Appropriate for teachers or students who want to gain more insight into their practice.

12-2:30pm - \$70*

Breath, Bandhas & Pranayama

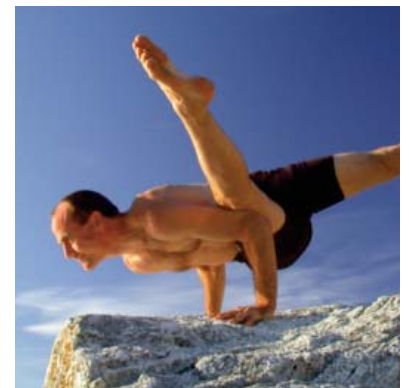
Delve into the realms of specialized Yogic Breathing as well as the subtle and highly misunderstood internal energy valves known as Bandhas. Come feel the Prana!

3-5:30pm - \$70*

***OR all three Sunday classes for \$195**

**EARLY BIRD SPECIAL: \$375 for the entire weekend if
registered by August 15th, 2018***

- * Early bird pricing is subject to availability.
- * Please register online at www.ashtangayogacenter.com or in-person at the Ashtanga Yoga Center.
- * Students must pay in full in order to register. Payment is non-refundable.



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