

**July 2016**  
**40-hour workshop**

**July 23-28, 2016**

Saturday to Thursday

7:30am - 10:00 am

10:30 am – 12:30 pm

2:00 pm – 4:15 pm

**Take the opportunity to learn from 2 great  
International and experienced teachers**

**Week-end program**

*Foundation of the Ashtanga practice.....breath,  
alignment, connection to the bandhas.*

*Study of the individual postures of the primary series of  
Ashtanga*

*This week-end workshop is an invaluable learning  
process, especially for the student who is looking to get  
more involved into a consistent practice of Ashtanga, or  
other styles of classical yoga.*

**Week program - Monday to Thursday**

The week will be a more in-depth continuity of these  
principles

**-Bandha , Drishti & Vinyasa**

Locate your locks and move into your breath to free your  
practice

**-Forward Bends & Side twists**

**-Back bending** Learn how to create free flowing movement in your back.

**-Inversions and arm balances**

For those challenged by them and for those who love them

**-Beginning of the Intermediate series**

Practice, Alignment, Technique

**-An introduction to basic Pranayama**

Where to begin the next step in yoga.

**Price:**

*Before July 1st.....We pay GST & PST*

\$600 for the full 40 hours

\$275 for the week-end (15 hours)

\$400 for the week only (25 hours)

*After July 1st*

\$689.85 for the full 40 hours

\$316.18 for the week-end (15 hours)

\$459.90 for the week only (25 hours)

**Contact:**

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