

# “The First Breath”

## A Two Part Introduction to Ashtanga Yoga.

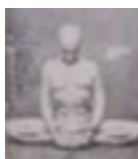
Ashtanga Yoga Pattaya (AYP) are very pleased to offer an opportunity for you to experience the benefits of yoga. Join us in a two session introduction to the practice of Ashtanga Yoga, at our Shala in South Pattaya.

**10:30 - 12:30 on Saturday August 30th & Sunday August 31st.**

### **SATURDAY:**

#### **BREATH & ENERGY**

- ☀ An introduction to the 3 core elements (“Tristhana”)
- ☀ Principles of Movement (“Vinyasa”)
- ☀ Sun Salutations (“Suryanamakara A & B”)
- ☀ Fundamental Standing Postures & accessible Primary Series Postures.
- ☀ Deep Relaxation (“Sukhasana”)



### **SUNDAY:**

#### **RELAX & RESTORE**

- ☀ Core elements: “Tristhana” & “Vinyasa” (A reminder)
- ☀ Moon Salutations (“Chandra Namaskara”)
- ☀ A series of postures specifically to open the shoulders, hips and lower back and cure soreness and stiffness in the body.
- ☀ Basic breathing practice (Pranayama)
- ☀ Sukhasana.
- ☀ Discussion based upon the different energies of parts one and two.
- ☀ Questions and Feedback.



### **WHO CAN ATTEND?**

Yoga is for anyone, irrespective of age, size or level of fitness. Only lazy people cannot do yoga. The workshop is suitable for complete beginners, and also those who have an existing yoga practice.

### **PRICE:**

700 Baht for two classes. (Early Bird Discount 600 Baht; Book before August 15th)

**Limited to 15 places.**

### **CONTACT:**

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