

ASHTANGA YOGA FUNDAMENTALS

3 Short workshops with Karyn Grenfell to deepen your understanding of the Ashtanga Yoga practice.

Students should be familiar with the sun salutations of the Ashtanga series. The workshops will be of most benefit for those already practicing either in a led or Mysore-style class.

Jump Through, Jump Back
Saturday 24 February
1 - 3pm
Fee: \$25

Mastering the jump through and jump back takes time. Initially you may believe that your arms are too short, or your legs too long. Sometimes toes get in the way of a good landing. The key is in the use of bandha/breath and drishti and Karyn will explain the lifts that occur in the Ashtanga series and why they are so important to the practice as a whole.

The Forward Bend
Wednesday 4 April
6 - 8pm
Fee: \$25

Karyn will look at the use of the forward bend in the primary series and how it evolves as students move through the practice, acting as the key to more advanced postures. You will learn safe techniques to move into forward bends incorporating the use of bandha and breath

The Back Bend
Wednesday 20 June
6 - 8pm
Fee: \$25

From the practice of forward bends comes the gradual opening of the back bend. Karyn will explore the use of the back bend in the primary series and show how they can be more effective and safe with breath and bandha awareness.

