

INTRO TO ASHTANGA WITH KRISTA BLOCK



EXTENDYOGA SUNDAY, NOVEMBER 2ND
11:00 - 1:00 PM \$30 ALL LEVELS

ASHTANGA: 1.the eight fold path of yoga as outlined by Patanjali: yama, niyama, asana, pranayama, pratyahara, dharana, dhyana, samadhi 2.a system of yoga transmitted to the modern world by Sri K. Pattabhi Jois.

This workshop will introduce you to the ashtanga method, one of the greatest ties we have in the west to classical Indian yoga. A discussion of the practice's origins, benefits, and foundations paired with a led primary series will give you all the tools to delve deeper into yoga as a traditional practice and ritual. Beginners and seasoned yogis welcome!