

3-Day Vinyasa Workshop 2018

with Shiva Prakash

Friday 18th May 6 - 8 pm

Saturday 19th May 7 - 9am

Sunday 20th May 9 - 11 am

3-day workshop 8,000Rs / pre-sale ticket 7,000Rs



A very special opportunity to study under one of Mysore's most authentic teachers. Shiva Prakash is a native of Mysore, born and raised in the Ashtanga Yoga Capital of the World. His Workshop will offer an in depth look at the postures that make up the Ashtanga Yoga Primary series.



Friday 18th May 6 - 8 pm

Detailed demonstration and guidance on Suryanamaskar A and B
Preparatory exercises and movements

Saturday 19th May 7 - 9pm

Mysore practice with Shiva Prakash assisting and guiding all students.
Guidance and exploration into the Asanas of the Primary series (up to Navasana)

Sunday 20th May 9 - 11am

Focus on Movement, Breathwork and Preparatory movements and exercises that help to create Vinyasa. Learning the finer points of the Jump back and through, which is one of the characteristics of The Ashtanga Yoga Practice.

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