

One Week Introduction to Mysore Style Ashtanga Yoga *with Catherine Kovacs*

March 22 - March 26 (Monday - Friday)



Are you curious to explore Mysore-Style practice but aren't sure what it's all about?

March 22 - March 26 (Monday - Friday)

5:45 am - 8:15 am

investment: \$100

THIS WORKSHOP IS NOW FULL---

This 5 Day Ashtanga Yoga Intensive is an introduction to self-practice in the traditional Mysore style. Discover how developing independence in yoga profoundly impacts your practice, as you gain a deeper knowledge of yourself, expand your awareness, and tune into your true inner strength. Learn to develop a sustainable and compassionate self-practice through exploring the pace of your Breath, combining the breath with the Bandhas (energetic locks), and cultivating Drishti (turning in of the visual sense, or focal point).

Each morning will begin with a short lecture, followed by practice with plenty of opportunity for one-on-one guidance, adjustments, and instruction.

Catherine will also be available 7:45 am - 8:15 am each morning for individual consultation.

Sign up today to reserve your spot.
Space is limited to 12 people to keep it intimate!



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yoga  loft
sattva & ashtanga yoga