

Tim Miller

Ashtanga Weekend
March 5 - 7, 2010

We are very excited to announce that Tim Miller, the first American certified to teach Ashtanga Yoga is coming to Yoga Shala of San Antonio!

Tim has a thorough knowledge of the Ashtanga system, which he imparts in a dynamic, yet compassionate, playful manner.

Tim is based at the Ashtanga Yoga Center in Encinitas, CA, and teaches workshops and retreats throughout the United States and abroad.

Workshop Schedule

Friday, March 5

3:30-5:30pm (\$25.00 – not included in full workshop price)

Mysore Practice (prerequisite, a regular Ashtanga practice is required to attend this session)

6:00-8:30pm (\$55.00)

An introduction to the Ashtanga practice on Friday night will establish a relationship between yoga philosophy as presented in the Yoga Sutras and the practical methodology of the Ashtanga System.

Saturday, March 6

9:00-11:00am (\$45.00)

Saturday morning's practice will focus on the Primary Series as a physical experience of this relationship.

1:00-4:00pm (\$65.00)

Tim will share with us his knowledge of pranayama, chanting, yoga mythology and philosophy. We will also have an opportunity to address specific problems, concerns and questions regarding practice.

Sunday, March 7

9:00-11:30am (\$55.00)

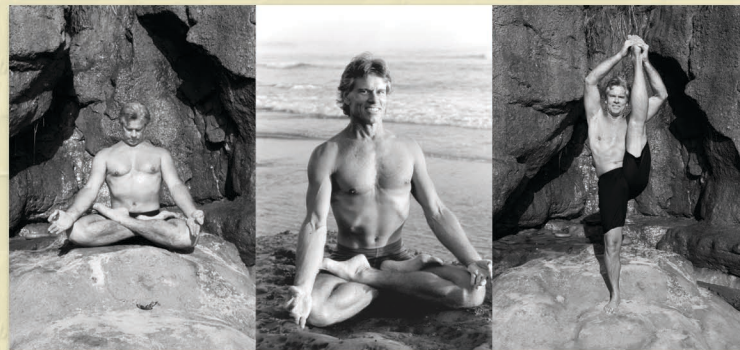
Sunday's class will be a playful and creative flow incorporating the basic and profound concepts of the Ashtanga Vinyasa System.

To Register:

Registration is now open for participants planning to attend the entire workshop. If space permits, registration for partial attendance will open on January 15, 2010.

Fees:

Full Workshop (not including Mysore) \$220
(\$200 early bird registration by January 15, 2010)



Yoga Shala
of San Antonio

www.YogaShalaSA.com

210-496-9900