



Ashtanga Yoga Workshop

Dany Sa

Modena, March 11-13, 2016

Torino, March 18-20, 2016

Schedule

Friday

from 6 pm to 8 pm - Primary Serie Led Class
and introduction to the workshop

Saturday

from 8 am to 10 am - Mysore Style Practice
from 11 am to 2 pm - Clinic class Backbending

Sunday

from 8 am to 10 am - Mysore Style Practice
from 11 am to 2 pm - Clinic class Transitions
(jump back, jump through, chakrasana, hand stands)

For informations and booking:

Modena, March 11-13, 2016:



Ashtanga Yoga Modena asd
Via Guglielmo Zucconi, 122
41124 Modena
www.ay-mo.com
info@ay-mo.com
+39 346 6843037

Admission rates

Full - Friday to Sunday: € 180
Weekend - Saturday to Sunday: € 160
One day € 90
Single practice € 40
Clinic class only € 60

Membership and payment conditions should be
checked for each date with organisers.

Deadline for reservations: October 31st, 2015.

Torino, March 18-20, 2016:



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