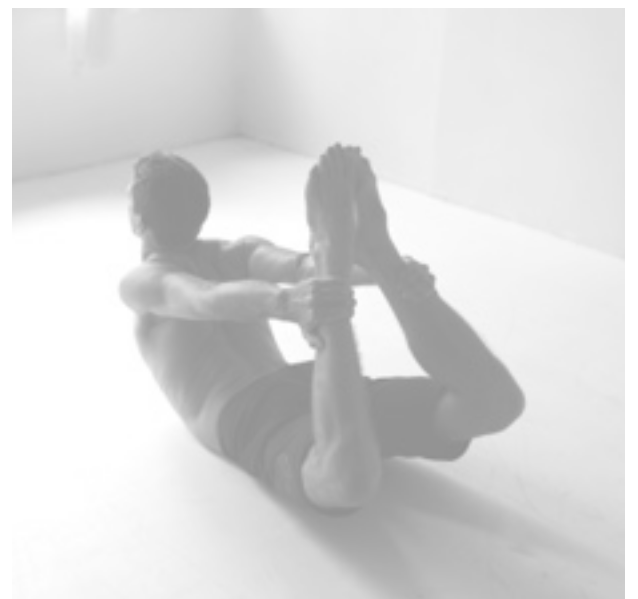


Ashtanga Yoga: Winter Intensive



with **Geoff Mackenzie & Ashtanga Yukon Collective**

December 2nd - 9th at Alpine Bakery



Friday 2/12: 6.00 - 8.30pm

Detailing the Fundamentals

A detailed look at the fundamentals of the Ashtanga Yoga system, with a focus on (re)establishing a balanced and effective personal practice.
(All Levels)

Saturday 3/12: 6.30 - 9.00am

Intermediate Series for All!

A light-hearted exploration of Intermediate Series, where options for adding this powerful tool to your practice kit will be encouraged and explored.
(Experience Recommended)

Mo - Th, 5 - 8/12, 6.00 - 9.00am

Mysore-style Classes

Come practice what you know by heart, at your own pace, under Geoff's experienced supervision.
(Experience Recommended)

Friday 9/12, 6.30 - 8.30am

Primary Series

A guided vinyasa count through of the Primary Series: a great way to cap the week and get grounded for your rest day.
(Experience Recommended)

Fees:

Full Intensive : \$180
Friday 2/12 : \$45
Saturday 3/12 : \$45
Mon - Thur : \$25 each or \$90 / 4
Friday 9/12 : \$25

Registration & Enquiries:
ashtangayukoncollective@gmail.com



Geoff has been practicing Hatha Yoga techniques since 1998 and following the Ashtanga Yoga method daily since 2004. He is Authorized to teach the Primary and Intermediate Series of Ashtanga Yoga by his teacher, R. Sharath Jois (Grandson of Sri K. Pattabhi Jois and Director of the KPJAYI in Mysore, India.)

Geoff has been studying annually with Sharath and the Jois family since 2006, where he benefits from both the guidance of his teacher and the lateral transmission of his peers.