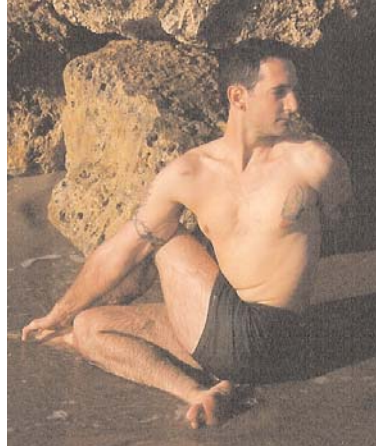


Kashi School  
of  
Yoga



# ASHTANGA YOGA

with

**GREG NARDI**

**May 17, 2008**

Join Greg Nardi, authorized ashtanga teacher, for a day of introduction to the ashtanga yoga tradition. Greg will hold two sessions.

## **1st session: 9.30 - 11.30 am**

The morning session will focus on the foundations of ashtanga yoga theory with an introductory practice focusing on finding an appropriate practice for all levels.

## **2nd session: 2 - 5 pm**

The afternoon session will cover those asanas from the morning session in the mysore method (self practice under the guidance of a teacher), and then guide you further into the primary series and give you an opportunity to deconstruct some of the more challenging asanas of the sequence.

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*Greg Nardi, a founding member of Miami Life Center, has been studying yoga and eastern healing arts since 1996. He has been to Mysore, India annually since 1999 to study ashtanga yoga with Sri. K. Pattabhi Jois, the founder of the ashtanga system.*

*Greg brings a broad understanding of ashtanga yoga as a philosophy, lifestyle, and transformative journey. Greg's style of teaching assists students in finding the approach to the practice that works best for them. Through the use of hands-on adjustments, he will aid each student in finding a connection to their body that will help them understand how to work in a safe and healthy manner through the series.*

Cost \$40 per  
session,  
\$80 for both.

Cost includes  
vegetarian lunch:  
11.30-12.30 pm

**FOR REGISTRATION CALL  
772.589.1403 x 112**

**11155 Roseland Road, Sebastian, FL 32958  
Call 772-589-1403. Visit [kashi.org](http://kashi.org). Shop at [mas-india.com](http://mas-india.com)**