

## ASHTANGA YOGA WORKSHOP

### A Two-Day Immersion into the Primary Series Through Embodied Alignment & Somatic Awareness

Join us for a *non-traditional*, **two-day workshop** exploring the **Primary Series of Ashtanga Yoga**—not as a strict sequence to master, but as a map for deepening body awareness, alignment, and inner listening.

Rather than following the traditional Sanskrit count, we'll slow down to focus on the **skeletal body**, **somatic cues**, and the **felt sense of each posture**.

This is not just a class—  
It's a laboratory for presence.  
An invitation to sense, inquire, and embody.

Whether you're new to Ashtanga or looking to reawaken your connection to the series, this immersion offers a fresh, embodied perspective—grounded in tradition, yet alive with curiosity.

#### **What to Expect:**

- A two-day journey through the Primary Series
- Exploration of skeletal alignment & somatic intelligence
- Hands-on guidance, pauses for reflection, and Q&A
- A spacious, supportive learning environment

#### **Some prior yoga experience is required.**

You don't need to know the series—just come with a body and a willingness to explore.