

Andrey Lappa

Master Yoga Classes with

14 days: March 30 – April 12, 2007

Yogi Way

1421 N. 34th Street, Seattle

www.yogiway.com

info@yogiway.com

206.925.YOGA



Yogi Way
YOGA STUDIO SEATTLE
www.yogiway.com



This is a wonderful time for a spring purification and renewal of one's spirit. This immersion will cultivate a healthy rhythm in your sadhana. It aims to enrich your yoga practice, ignite your creativity, and strengthen your intension in life.

Daily Asana Practice

Mar 30 – Apr 12, see schedule

Universal Yoga Master Classes with Andrey Lappa challenging asana, multi-directional vinyasa, pranayama, mantras, in-depth mental concentration, artful multi-dimensional sequencing, always prepares you for the next level!

Asana Lab

Apr 8, 1:30 – 4:45 pm

Yoga Asanas for the joint system
Multi-directional joint openings (What they are and why they are)
The energetic study of these asanas
Groups of Asanas
Science of Sequencing:
the fundamental principle of this art
Past, present and future (limitation vs freedom)
The Rasa of your class?
Sequence as poetry
The energetic study of different class models
Multi-dimensional sequencing

In-depth Studies & Teacher's Forum

Apr 7, 1:30 – 4:45 pm

The bigger picture of yoga & teaching
Maya kosha system and 8 limbs of Yoga
Reincarnation and Karma
Yoga as a purification practice
The goal of Yoga
The Dharma and the Magic of Teaching

Dance of Shiva and Meditation

Apr 7-8, 5 – 6:30 pm

Cultivate strength and inner freedom through intensive focus in combination with challenging arm coordination and moving multi-directionally at the same time. Dance of Shiva stimulates one's creativity and offers techniques to free up one's habitual pattern. It helps one to deepen the intrinsic understanding of meditation and oneness.

See reverse for schedule and pricing

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<h1>MARCH 2007</h1>						30
						9:30 – 11:30 Morning Asana Practice
31	1	2	3	4	5	6
7:30 – 11:30 Morning Asana Practice	8 – 11 Morning Asana Practice	7 – 9 Morning Asana Practice	7 – 9 Morning Asana Practice	7 – 9 Morning Asana Practice	7 – 9 Morning Asana Practice	9:30 – 11:30 Morning Asana Practice
7	8	9	10	11	12	
7:30 – 11:30 Morning Asana Practice	8 – 11 Morning Asana Practice	7 – 9 Morning Asana Practice	7 – 9 Morning Asana Practice	7 – 9 Morning Asana Practice	7 – 9 Morning Asana Practice	
1:30 – 4:45 pm In-depth & teaching techniques	1:30 – 4:45 pm Asana lab & Science of Sequencing	<h1>APRIL 2007</h1>				
5 – 6:30 pm Dance of Shiva & Meditation	5 – 6:30 pm Dance of Shiva & Meditation					

Early Bird Special – sign up by March 15th, 2007 and receive 10% off!

Drop-ins welcome based on space & availability. Early sign-up is highly recommended. Add \$5 per workshop on the day of class.

14-days Immersion Unlimited: \$350

14 Morning Asana, two Dance of Shiva & two Lectures

Asana Only please! \$300

14 Morning Asana

Weekend specials: \$200 (pre-register)

four (3h) Morning Asana, two Dance of Shiva, two (3.5h) lectures

Drop ins

Weekday Asana \$20, Weekend Asana: \$35, Dance of Shiva & Meditation \$15, lecture \$50

