

Purple Lotus Yoga Penticton presents

Ashtanga Vinyasa Yoga Workshop

-A Journey from the physical to the subtle

with **Fiona Stang**

October 16-18

Friday: 6-9pm Principles of Energetic alignment

Saturday: 9:30-12pm Practice

Saturday: 1-3pm More on energetic alignment

Sunday: 9:30-12pm – Practice



Discover energetic principles that will bring lightness, strength, and longevity to your practice. These timeless principles are the foundation for connecting to the stillness within. This weekend workshop will begin with tangible principles to help us connect to the energetic body in our asana practice. Once the physical foundation has been set, we are able to explore the connection of breath and *vinyasa* as a means to discover our inner self and our unlimited potential. Thus the breath becomes the bridge from the physical body to the subtle body, inviting us into the heart of yoga, the place of intuition and connectivity on all levels.

Early Bird registration till September 10th
\$50/session or \$150/weekend

After September 10th
\$60/session or \$200/weekend

Location:

Purple Lotus Yoga #102, 186 Nanaimo Ave. W. Downtown Penticton BC

Contact (250) 493-0054 info@purplelotusyoga.ca



Fiona Stang's understanding of an energetic practice comes from years of studying with Sri. K. Pattabhi Jois, his grandson, Sharath Rangaswamy and Gioia Irwin. Fiona was blessed by Sri. K. Pattabhi Jois in 1999 to teach Ashtanga yoga and is one of only 8 authorized Ashtanga teachers in Canada. She currently teaches daily classes at Ashtanga Yoga Vancouver.