

Week-end Ashtanga Yoga, Mysore Style, Adjustments and Pranayama, 3-days Intensive with KIA NADDERMIER, Brussels February 8-10 2019

Kia Naddermier has over 20 years of experience of Ashtanga Yoga and is the founder, director and main teacher at Mysore Yoga Paris where she upholds the daily Mysore program. She is a dedicated advanced practitioner and teaches Ashtanga Yoga, Pranayama, adjustment techniques, she mentors teachers and gives workshops and retreats internationally.

Kia is a devoted long-term Pranayama practitioner and certified to teach directly by *Shri O.P. Tiwari* according to the *Kavalayadham* lineage. With a genuine dedication to the growth and development of her students, Kia's way of teaching integrates her profound knowledge of the breath and Pranic energy, subtle and physical anatomy, with yogic principles. She offers an including, safe and inspiring space open for personal exploration, inquiry and transformation. Her deep love and years of dedication to all aspects of this practice shines through in her warm, insightful and inspirational teaching.

It's her first time in Brussels !!! Don't miss her.

PROGRAM :

Friday 08/02

Ashtanga Yoga Master Class - Practice, principles, philosophy & adjustments

Friday Evening (2,5hrs) / 18:30 – 21

Please arrive at least 15 mins before to set up on the first day

As our practice matures so does our appreciation for its many layers and subtleties. Kia will share experiences, insights and principles for developing a deeper understanding of Ashtanga Yoga as a practice for our entire being - body, breath and mind. We will journey through key elements of the Primary- & Intermediate Series with an explorative mindset, looking at common energetic principles, actions & alignment details. Creating an understanding for Asana not only as a practice but as an *Anusthan*, a way of being, a state of mind.

Saturday 09/02

Morning : Ashtanga Yoga Mysore Style – Assisted Self Practice

Group A will start at 08:00

Group B will start at 09h15

Door open at 7h45

Kia teaches with careful adherence to the authentic teachings of Ashtanga Yoga whilst encouraging each individual to explore the beauty of the practice for themselves. With a sincere dedication to the growth and development of her students, she offers an including, safe and inspiring space open for personal exploration, inquiry and transformation. This is a wonderful opportunity to receive individual guidance and adjustments from Kia to deepen your personal practice.

All levels welcome but you need to be able to practice Mysore Style Self-Practice.

Kia therefore wishes that all participants attending the Mysore sessions with her, first take this essential Friday evening Master Class to set a common intention for the workshop.

Afternoon : Adjustment techniques - Awareness, Observation, Principles and Practice

Saturday afternoon (2,5 hrs) / 14:00 – 16h30

In this session Kia will share her extensive experience as a Mysore teacher, teaching through hands-on adjustments. We will explore the practice and philosophy of yoga Asanas, their purpose, patterns and context. Cultivation of internal and physical awareness, and observation skills is the foundation for all adjustments. We pay careful attention to each individual, looking at common body patterns, helping to build an intelligent, mindful practice and relevant teaching and adjusting tools. This session is explorative in nature and designed to support teachers as well as practitioners wishing to expand their understanding of the art of adjusting and the inner and outer form of the Ashtanga Yoga sequence.

Dinner together at Anjali Shala - will let you know time and formule closer to date

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Sunday 10/02

Morning : Ashtanga Yoga Mysore Style – Assisted Self Practice

Group A will start at 08:00

Group B will start at 09h15

Afternoon : Pranayama & Kriyas - practice, techniques and philosophy.

Sunday afternoon (1.5hrs) / 14:00 – 15:30

The division between the body and mind is first healed with the breath. Hence Pranayama is considered the central aspect of any authentic Hatha yoga practice. In these sessions we will deepen our appreciation of the subtleties of breath and its significance in yogic practices and philosophy. New students will be introduced to traditional teachings of pranayama & kriyas, whilst those with more experience will refine and deepen their practice and understanding.

Questions, photos / 15:30 – 16:00

Kia prefer not to have people take single classe but full workshop only in order to be able to progress the group as a whole. Contact me if you can't participate to every sessions.

Full Weekend Price :

220€ / 3 days

Registration : Advanced registration and payment are required to secure your place.

To register, please send an email to : sergine.laloux@gmail.com Cell : +32 476 534 112

The adresse : Espace Tempo – 63, rue du Relais - 1050 Bruxelles

Bus 95 ('Relais' stop), tram 94 ('Solbosch' stop, then 10 minutes walk), bus 71 ('Cimetière d'Ixelles' stop then 10 minutes walk downhill).