



**Ashtanga practice & adjustment Workshop**  
**(self-practice “Mysore Style” and adjustment technique)**

Link to Website <http://ashtangaworld.net/Yoga-Workshops-Seminare.html#YogaWorkshopInWien>

The workshop is created as introduction into adjustment for advanced practitioners of all Yoga styles. Learning to adjust students properly takes time. Even the most seasoned instructors started by giving small adjustments to their students as they worked up to more difficult ones. Have patience, practice regularly, and you'll find that your skills and confidence will increase over time.

Content of the workshop:

Course participants will adjust each other, learning a number of different ways of assisting each posture, with plenty of time for repetition, feedback and discussion. We will create a safe context to learn adjustments, introducing methods which utilize breathing, the use of body weight instead of strength as both counterbalance and means of adjusting.

1. *We start with the short practice and pranayama.*
2. *The most important thing to do before giving an adjustment is to determine your intention. Basics of observing the yoga practice.*
3. *You have an intimate understanding of both the pose and the adjustment. What is safe adjustment? How can I work one to one and alone?*
4. *Preparatory positions for backward and forward bends, twists, shoulder stand, headstand and handstand.*
5. *Different body type different adjustment! Observation and hands-on.*
6. *The role of the breath in asana and transition (Vinyasa).*
7. *Injuries. Your understanding of a student's limitations or injuries before adjusting them in any pose.*

For those who are coming to workshop, please email me about your interest and background. Deadline is Friday evening (21.00).

Wish you pleasant weekend

Natasa

April 2014: 05.-06<sup>th</sup> (SA and SO), Time: 9:00 to 13:30, Location: Ashtangaworld Lindengasse 28/6, 1070 Vienna. Cost: 110/80 EUR \*

(\* The discount is valid for all Ashtangaworld Yoga Flat.)

