

ASHTANGA YOGA RETREAT WORKSHOPS & TEACHER TRAINING TRIOPETRA/CRETE 05. – 19.08.16 WITH NATASA CVETKOVIC

*7 & 14 DAYS All Levels Ashtanga WORKSHOPS
*7 days Teacher TRAINING Intensive on ASHTANGA
YOGA THERAPY in Mysore Style



We welcome Yoga Beginners, Experienced practitioners and Yoga Teachers

"My heart and great curiosity have led me down the path of yoga, science and dance. Yoga has been a part of my life since childhood and I encourage everyone to learn these philosophies and practices and to integrate themselves." – Natasa

This year we opened the possibility of choosing among the program. Practitioners of all age, style, level and background are welcome to delve into traditional Yoga. Here beginners and advanced students will have the ability to both start and develop their own practice. Teacher Training is good opportunity to approach the teaching as a part of practice – Ashtanga Yoga as a tradition in contemporary context, teaching technique. All classes provide orientation for self-study and self-practice.

Teacher: Natasa Cvetkovic - authorized Ashtanga Yoga Teacher in Tradition of K. Pattabhi and Manju P. Jois.

FOR REGISTRATION CONTACT: NATASA CVETKOVIC
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+43 664 508 1618

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*7 & 14 DAYS ALL LEVELS ASHTANGA WORKSHOPS

*7 DAYS TEACHER TRAINING INTENSIVE ON ASHTANGA YOGA THERAPY IN MYSORE
STYLE

ASHTANGA YOGA RETREAT PROGRAM:

Two weeks Ashtanga Yoga Workshops for all Levels & Teacher Intensive in
Triopetra / Crete

FIRST WEEK

INTO YOUR YOGA | 05. - 12.08.16

ASHTANGA YOGA WORKSHOP for Beginners and Experienced/Advanced

– Daily Morning practice and 2 evening Intro to Second Series of Ashtanga
Yoga and Arm Balances /Inversions

Only Mysore Style Drop-In possible!

The focuses of the Workshop is the individual practice / self-practice – Mysore
Style.

PRACTICE, OBSERVE, ADJUST, ASSIST - TEACHER TRAINING INTENSIVE | 05.- 12.08.16

ASHTANGA TEACHER TRAINING INTENSIV – Teaching Ashtanga Yoga Methods,
Therapeutic Aspects of primary and second series, Contemporary Yoga,
Yoga Therapy

The particular value of this practice-oriented teacher training lies in the
learning of the Mysore style of instruction(i.e. individualized teaching within

the group), instruction-led lessons and Yoga Therapy program, the development of one`s own personal teaching style.

SECOND WEEK

FOLLOW YOUR INSPIRATION – BREATH | 13. - 19.08.16

ASHTANGA YOGA INTENSIV WORKSHOP for Beginners and Experienced

Daily Morning-practice, 4 evenings on special Topics of Ashtanga Yoga. – Focus Pranyama.

Only Mysore Style Drop-In possible!

The focuses of the Workshop is the individual practice / self-practice – Mysore Style.

We will focus on Pranyama.

ASHTANGA RETREAT WORKSHOPS DAILY TIMETABLE

DAILY TIMETABLE 05.-12.08.16

FIRST WEEK TIMETABLE

07.00 – 07.30 **VEDIC CHANTING and PRANAYAMA** Vedic Chanting in the tradition of Ashtanga Yoga. Musical practice in which the body, mind and voice connect in order to address the wellbeing and happiness in the world. Guided Meditation.

PRANAYAMA OR THE “PLACEMENT OR EXTENSION OF LIFE ENERGY.” IT WILL BE TAUGHT VIA THE CLASSICAL PRANAYAMAARTEN ACCORDING TO THE ANCIENT SCRIPTURES “HATHA PRADIPIKA” AND VARIOUS

PREPARATORY EXERCISES. SOME OF THE EXERCISES WILL BE ADDED AT THE END OF MYSORE PRACTICE.

07.30 -09.30 **ASHTANGA MYSORE / Traditional LED Class**

Focus is on developing and deepening of own Ashtanga Yoga practice (traditional Mysore Style). The beginners will be supported/guided. Starting time will be different for different levels. Ashtanga LED is a part of the teaching program.

09.30 **BREAKFAST**

10.00-13.15 **TEACHER TRAINING**

- **TEACHING ASHTANGA METHODS**
- **CONTEMPORARY YOGA**
- **YOGA THERAPY: ASHTANGA AND KRAMA**
- **INJURIES (CONTRADICTIONS, VARIATIONS)**
- **OBSERVATION**
- **ADJUSTMENT (PRIMARY AND SECOND, VARIATIONS)**

13.30 **LUNCH**

18.00 – 20.00 First Evening **open Topic, 2 Evenings – Intro to Second Series and Arm Balances**

20.30 **DINNER**

DAILY TIMETABLE 13.-19.08.16

SECOND WEEK TIMETABLE

07.30 – 08.00 **VEDIC CHANTING and PRANAYAMA** Vedic Chanting in the tradition of Ashtanga Yoga. Musical practice in which the body, mind and voice connect in order to address the wellbeing and happiness in the world. Guided Meditation.

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09.45 **BREAKFAST**

13.30 **LUNCH**

18.00 – 20.00 First Evening **open Topic, 4 Evenings – Special Topics**

20.30 **DINNER**

PRICE:

Beginners, Interested and Experienced are welcome to spend one or two weeks

ONE WORKSHOP + ACCOMODATION AT PAVLOS' (RETREAT)

Workshop including full board (three vegetarian meals a day) and overnight stay in Pavlos' Place in the triple / double / single rooms:

Into YOUR YOGA 5.-12.08.16

Ashtanga Yoga Intensive Retreat

Full board + Workshop": 590€ / 610€ / 700€

An APPROACH – Ashtanga Yoga (THERAPY) 5.-12-08.16

Ashtanga Yoga Teacher Intensive Retreat

Full board + one Workshop: 850€ / 910€ / 990€

FOLLOW Your INSPIRATION 13.-19.08.16

Ashtanga Yoga Intensive Retreat

Full board + one Workshop: 650€ / 700€ / 790€

Binding registration by deposit of 350 €

The bank information and to fill in form will be forwarded with the application.

Room assignments made by single individuals for dormitories cannot be guaranteed. Accommodation and meals can also be booked for accompanying persons. The bank details will be forwarded with the application (the accompanying persons pay upon arrival at Pavlos' Place).

CANCELLATION policy:

- Up to 12 weeks before to the seminar (Workshop and Retreat) begins the seminar fee will be refunded with the deduction of a € 100,- administration fee.
- From 12 weeks before the seminar begins half of the fee will be refunded.
- Four weeks before the entire fee is due, you are welcome to send a substitute.

ARRIVAL AND TRANSFER

- Individual
- Direct and inexpensive flights can be found from Vienna to Chania or Heraklion

REGISTRATION

Registration and Information available from:

Natasa Cvetkovic : jogasana@gmail.com, Tel: +43 664 508 1618

Your registration will be confirmed after full payment to account:

<i>Name:</i>	Natasa Cvetkovic
<i>Name of the Bank:</i>	BANK AUSTRIA
<i>IBAN:</i>	AT15 1200 0007 0153 4943
<i>BIC:</i>	BKAUATWW
<i>Remark:</i>	Triopetra 2016,"Date" "Your full name"

Please note cancellation policy:

Cancellations 30 days or more prior to the event: 50% refund.

Cancellations less than 30 days of the event: 50% credit applied toward any future event.

No refunds or credits for cancellations less than 48 hours prior to event.

No refund or credits for cancellation of deposit

WEBSITE LINKS:

[INFORMATION IN ENGLISH](#)

[INFORMATION IN GERMAN](#)

PLEASE FEEL FREE TO ASK QUESTIONS

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