

Living Ashtanga

PRACTICE • PHILOSOPHY • CHANTING

*A 3-hour journey through practice,
philosophy & chanting.*



PRACTICE

Explore a tailored
Ashtanga sequence you
can take home.



PHILOSOPHY

Discover key aspects
of Ashtanga Yoga
philosophy.



CHANTING

Experience the
grounding and uplifting
practice of chanting.



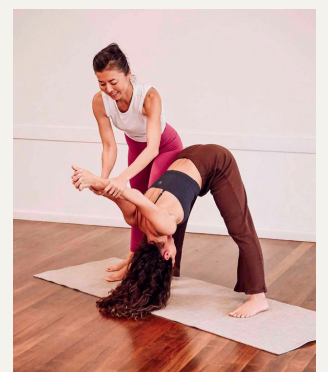
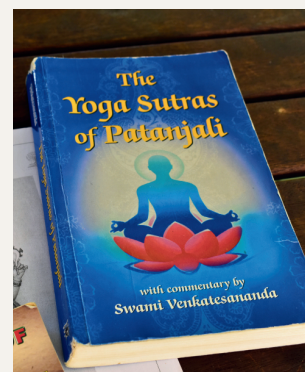
Nicole

TEACHER • PRACTITIONER

Ryoko

TEACHER • PRACTITIONER

Saturday, 17th October
11:30 AM
PALMERSTON STUDIO



Join Nicole and Ryoko for a special **3-hour exploration of Ashtanga Yoga**, going beyond the physical practice to experience the deeper roots of this traditional system.



\$85 | Members Discount Applies

All levels welcome
including afternoon tea

Only 12 spots available



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