

# Ashtanga 101

**With Taylor Hunt**

**July 19 - August 30**

**Mondays 6:00 PM**

This 7- week course will offer an introduction of postures (asanas) of the Ashtanga Primary Series, up to Navasana. Each week will progress from the previous lesson, providing students with the opportunity to build on what they have learned through repetition. Detailed instruction will be offered on proper alignment in postures, breath, bandha use, and focus (drishti). The course will also offer a brief history of Ashtanga Yoga, including how the "Eight Limbs" are incorporated in practice, with information on its lineage.

Ashtanga 101 is appropriate for students who prefer strong movements in their yoga practice. Current students wanting to deepen their understanding of the practice, or beginning students with no prior knowledge of Ashtanga Yoga are encouraged to attend. On completion of the course, students will be ready to proceed to the Ashtanga Level I and/ or Mysore classes.

## Price:

Seven week series \$89.00

Balanced Yoga members \$49.00  
(auto-debit or annual pass holders)

## Have to miss a week?

If you miss a class don't worry ...  
you may make it up in  
an Ashtanga Level I class or Mysore.



**Clintonville**

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Please visit [www.balancedyoga.net](http://www.balancedyoga.net) for more information.