

ASHTANGA YOGA EXPLAINED

workshop with Natalie Mitoraj (E-RYT500) & Samantha Piro (RYT200)

Saturday, December 18

1:30PM-3:30PM

\$25 per person (\$30 door)

Ashtanga is a style of Yoga developed in the 20th century which originated from a system of Hatha Yoga described in the ancient text, the *Yoga Korunta*. Ashtanga centers on a vigorous physical practice that includes a series of poses linked together with breath to form a continuous sequence. This noble practice is the foundation of many styles of modern Yoga practiced today – a dynamic form of Hatha Yoga with a fixed order of postures, while also rooted in Vinyasa Yoga and its flowing movements and focus on energy and breath.

Because Ashtanga provides specific and structured movements using breath awareness, you're able to clearly see your improvements and progress over time as you build physical strength, flexibility, balance and stamina. Ashtanga primary sequences start with the kinds of movements and poses that are suited for beginners, while progressing to advanced standing and seated postures with series of locks and binds to continually grow your practice for even the most advanced of yogis.

In this workshop, Natalie overviews roots of the Ashtanga heritage to modern Yoga explaining the differences between Ashtanga and Ashtanga Mysore and the various series of the practice including Primary and Short Form. Natalie will perform the Ashtanga opening chant in Sanskrit and Sam will then move through the Ashtanga Primary Series, breaking down how to do each pose with proper alignment. Modifications for each pose will be included and Natalie will offer physical adjustments during class, *making Ashtanga accessible for everyone!*

You will learn:

- Ujjayi Pranayama breathing technique
- Importance of Flow and Gaze
- Detailed breakdown of Ashtanga standing and some seated postures with proper alignment
- Modifications for poses
- Exploring the Bandhas energy locks

Pre-register: <https://www.updogyoga.com/workshops/rochester-workshops>

Natalie is an experienced Ashtanga Yoga practitioner and instructor of over 20 years (E-RYT500) who has studied Ashtanga Mysore in various ashrams in India. Sam is an RYT200 instructor specializing in Ashtanga Short Form.



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