

ASHTANGA YOGA

ENJOY A FRESH TWIST ON
TRADITIONAL PRACTICE!
WITH ADARSH WILLIAMS



MARCH 30 AND 31, 2018

MARCH 30

FLOATING, FLYING & FUN

7.45 - 10.45 - 80 CHF

BACK BENDS, NOW AND FOREVER!

12.45 - 15.45 PM - 80 CHF

MARCH 31

THE VINYASA MACHINE

07.00 - 09.45 - 75 CHF

PRIMARY SERIES WORKSHOP IS SUITABLE FOR ALL LEVELS, ALTERNATIVES PROVIDED SO EVERYONE CAN PLAY!

MYSORE BODY

11.30 - 14.00 - 70 CHF

SELF CARE FOR ASHTANGA

EARLY BIRD - SIGN UP BEFORE FEBRUARY 15
FOR FULL WORKSHOP - 280 CHF

THROUGH MORE THAN 20 YEARS AS A PRACTITIONER OF ASHTANGA YOGA AND MANUAL THERAPY, ADARSH WILLIAMS HAS DEVELOPED A UNIQUE APPROACH FOCUSED ON PRECISE METHOD, APPLIED ANATOMY, AND HANDS-ON TECHNIQUES. THIS SERIES OF WORKSHOPS IS FULL OF TAKEAWAYS THAT YOU CAN IMMEDIATELY IMPLEMENT INTO YOUR PRACTICE OR TEACHING.



YOGA SOURCE
ASHTANGA YOGA LAUSANNE

TO RESERVE PLEASE EMAIL: CONTACT@ASHTANGA-YOGA-LAUSANNE.COM
FOR MORE INFO SEE: WWW.ASHTANGA-YOGA-LAUSANNE.COM
YOGAWORKS, RUE CHAUCRAU 3-5, LAUSANNE

ASHTANGA YOGA MYSORE WEEK WITH ADARSH WILLIAMS

APRIL 1 - 5, 2018



240 CHF FOR 5 DAYS
SESSION 1 - 6.00 TO 7.45 AM
(RECOMMENDED FOR ALL WITH A LONG PRACTICE)
SESSION 2 - 7.00 TO 8.45 AM

THROUGH IN-DEPTH STUDY OF HUMAN ANATOMY AND PHYSIOLOGY AND FORMAL TRAINING AS A MASSAGE THERAPIST, ADARSH IS HIGHLY REGARDED FOR HIS SENSITIVE ADJUSTING STYLE. HE HAS EXPERIENCE WORKING WITH A WIDE VARIETY OF STUDENTS OF DIVERSE ABILITIES, AGES, AND BACKGROUNDS. WITH A DEEPLY HELD BELIEF THAT ANYONE CAN DEVELOP A PERSONAL YOGA PRACTICE, ADARSH IS AN ENERGETIC TEACHER WHO INFUSES HIS ENTHUSIASM FOR PRACTICE AND HARD WORK IN HIS STUDENTS.

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