



YOGA SOURCE  
ASHTANGA YOGA LAUSANNE

# MARK AND JOANNE DARBY

15 - 16 JUNE 2019

They are both certified by Guruji and have practiced ashtanga vinyasa yoga for over 30 years. It began with sri k. Pattabhi Jois in 1979, they spent four years in mysore, india. Darby is one of the few teachers in the world that has reached the highest level in ashtanga yoga.

**Saturday 6:30-8:30 am 70CHF**  
led class half primary and q&a

**Saturday 13:30-16:00 pm 80CHF**  
forward bends & side twists

**Sunday 7:00-9:30 am 80CHF**  
led class full primary and q&a

**Sunday 12:30-15:00 pm 80CHF**  
back bending

Due to limited numbers  
please book early

To reserve please email:  
[contact@ashtanga-yoga-lausanne.com](mailto:contact@ashtanga-yoga-lausanne.com)

For more info email, or  
call +41 76 378 76 81  
[www.ashtanga-yoga-lausanne.com](http://www.ashtanga-yoga-lausanne.com)

Location:  
Studio Yogaworks  
Rue Chaucrau 3-5  
1003 lausanne

Early bird  
full workshop  
before April 15 290CHF

## **INSTRUCTIONAL METHOD**

They teach the original Ashtanga method. We will explore the asana in detail - ground support, bandhas, breathing, drishti, and deep internal alignments.

Darby's teaching is dynamic and direct while giving students the energetic essence of yoga. His wisdom and warmth attracts a vibrant community of students who appreciate his humour, attentive nature and steadfast commitment to improving the alignment of each student.

He gives workshops throughout Europe, Russia, Canada and China. If you want to improve your understanding of this wonderful practice: ashtanga vinyasa yoga, you must attend this workshop.

▶ TEACHING WILL BE IN ENGLISH

### **Saturday 13:30-16:00 pm**

#### **FORWARD BENDS AND TWISTS**

Learning correct alignment, benefits and other elements to move correctly and protect the lower back. Twists help remove stiffness in the back, neck and shoulders and tone the internal organs. We will incorporate standing, and sitting twists in this workshop.

### **Sunday 12:30-15:00 pm**

#### **BACK-BENDING**

Do not be afraid! if you have a sore back or injury this workshop is a must! We will work step by step to practice the key alignment to help us move with ease and safety. We will help students build confidence while finding ways to work with common issues surrounding these poses. With a focus on how to protect vulnerable areas such as the lower back, shoulders and neck.