



Ashtanga Yoga Workshop

w/ Tim Feldmann

At Native Yoga Center

Sunday, March 25th, 2012

12:00pm - 3:00pm

\$45



Masterclass

In this master class tim feldmann takes initiation in a traditional primary series guided class. following this immaculate practice form we will allow for occasional inspired off-springs into technical detail and useful hints for moving your practice along, potentially bridging spiritual gaps between your body, the practice and how it applies to our lives off the mat. We will explore anatomical mechanics for a deeper, injury free and more informed practice, as well as touching on the mythological background of the ashtanga krama. tim's sincere, down-to-earth and humorous teaching style makes for a fun, focussed and reverent afternoon.

Tim Feldmann is founding director at Miami Life Center, www.miamilifecenter.com, which he runs with his wife, Kino MacGregor. He was set on the yoga path by his teacher Lino Miele and is Authorized to teach directly by the founder of the Ashtanga Yoga Method, Sri K. Pattabhi Jois, and his grandson, Sharath Rangaswami. Tim is dedicated to Ashtanga Yogas traditional style. Tim's teaching integrates his extensive study of Alexander Technique and sitting meditation with 20 years of experience as a professional dancer and an internationally acclaimed choreographer. His in-depth knowledge of functional anatomy, alignment as well as the idiosyncratic body and mind in stillness and in motion creates the platform upon which his solid understanding of the Ashtanga method rests. Tim is a cherished teacher giving workshops, retreats, classes and privates throughout Europe, Asia and the Americas. For further info about Tim, please see www.timfeldmann.com.



Register today by calling 561-296-7996
or sign up online at www.nativeyogacenter.com
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