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Introduction to Ashtanga Yoga

as taught by Pattabhi Jois

Come experience the power of awakening through deep conscious breathing and movement. Ashtanga Yoga is a challenging practice of breath and mindfulness learned over time through a sequence of poses, guiding you deeper and deeper into yourself. Pre-registration is required. Space is limited to 15.



Steve Dwelley began training in Buddhist meditation in 1988. His first trip to India and Nepal in 1990 awakened a desire to involve the moving body in the meditation process, and he began practicing asana. In 1994 he made his first trip to Mysore and met his teacher, Pattabhi Jois, the renowned hatha yoga master, with whom he spent over two years studying Ashtanga Yoga. He was granted permission to teach the system in 1998, when he began teaching Mysore-style in Santa Barbara. www.AshtangaSantaBarbara.com

3-day Courses: \$65

Friday 7-8:45 pm; Saturday & Sunday 2-4 pm

January 25 – 27

March 22 – 24

April 5 – 7

32 East Micheltorena Street 805.965.6045

www.SantaBarbaraYogaCenter.com

