

# STILLNESS IN ACTION ASHTANGA YOGA HONG KONG

Dylan Residence Summer 2016

After an adventurous year of teaching in Canada, China, India, Indonesia, Sri Lanka, Sweden, Turkey and the United States, Dylan settles back home in Hong Kong! This Summer residence will be Dylan's only daily, public Mysore teachings during 2016 in the fair city where he has helped the Mysore practice community blossom since 2009. And by popular request, Dylan will take beginners, restarters and other interested parties through a series of Beginners' Workshops. All of the offerings are designed to support your regular daily practice and enhance your vitality and enjoyment of life!! All the events will be held at the spacious, welcoming and individually-owned Red Shoe Dance Studio, 10 Arbuthnot Road, Central Hong Kong. There is a shower on site and personal mats can be stored here during the month.

## Semi-Private Morning Mysore

June 1 - 30

Sundays, 8-10 am; M thru F 6:30-9 am

Limited group size ensures individual attention in a compassionate, supportive and informed environment. Traditional self-practice guided on the breath, with Dylan fully present to steward, guide, support and inspire. \$3500 HKD or \$1000 per week.

A few beginners will be welcomed for the entire month. The majority of our small group will be long-term practitioners of the Ashtanga method.

Daily drop-ins, by prior arrangement, only if there is space.

No practice on Saturdays nor on Full Moon, June 20th

## New Moon Pranayama with Question & Answer

Sunday, June 5th, 8 - 10 am

Dylan will guide us through useful and powerful breathing techniques and a short meditation.

A brief talk on the importance of maintaining sitting practices in addition to yoga-asana and the relevance of Buddha's teachings. There will be time for discussion and questions.

This meeting is included in the monthly Mysore tuition. Others may drop-in at \$150 HKD.

## Beginners' Workshops

Sundays June 5\*, 12 & 19 10:30 - noon

This series of workshops is designed to be a great compliment to newer practitioners who are also practicing Mysore each morning.

### \*Basics of Breath & Flow

**The June 5th Workshop is - absolutely free of charge!**

Please simply book in advance to confirm your spot. This will be a great opportunity to establish or refine the absolute fundamentals of an Ashtanga / Vinyasa practice.

We'll deeply explore the breathing system & bandhas as well as Sun Salutations, Standing Postures and the simple Finishing Sequence. Participants of this workshops will be very ready to begin a daily morning Mysore practice - and are encouraged to do so over the month.

### Aligned Transitions

**June 12th** We'll polish the seated postures and the transitions that unite them. Jumping back and through organically follows the respecting of breath and vinyasa count.

The great series of forward bends will be detailed and explained in-depth. \$300 HKD

### Backbending and Beyond

**June 19th** Explore moving into the invisible space, past the limit of your periphery vision. Go deeply with a safe and informed approach to spinal extension. \$300 HKD

### Risk is Reward:

Advancing posture & transition upon a meditative foundation

**Sunday June 26th, 1030 - 1pm**

Evolving Hand Balance. Work towards handstand and note the alluring posture's interconnectedness with many important, subtle aspects of our practices: bandha, vinyasa, meditation, detoxification, and perhaps most importantly, the ability to move forward into our fears... with confidence and joy. Students can also ask for specific tricky postures to be explored and explained. \$400 HKD

**Private lessons and consultation available June and July upon arrangement with Dylan. All bookings and inquires should be directed towards [dylano@gmail.com](mailto:dylano@gmail.com)**





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Dylan

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