



Yoga Workshop

with Dylan Bernstein

(Residential Teacher @ Pure Yoga, Hongkong)



Where: Asthanga Yoga Zentrum,
Altplauen 19, 01187 Dresden

When: Sa., 28.04. 2012, 09-12 am
So., 29.04. 2012, 09-12 am

Astanga-Workshop with pranayama, chanting, asana, vinyasa & focus on correct, healthy & deep backbends & Yoga philosophy.

Practice level **Astanga Primary Series** is recommended.

Prices: 1 day 50 €/40 € (application and payment in advance)
2 days 80 € (application and payment in advance)

Application: latest until April 23rd via email to Billie Rüse:
billieruese@googlemail.com

For more information about Dylan Bernstein: www.stillnessinaction.com