

Ashtanga Vinyasa Yoga with Petri Raisanen in Germany, Munich Sept. 27-29., 2002

(<http://www.astanga.fi>)

Petri Raisanen has been practicing Ashtanga Yoga in the tradition of Sri K. Pattabhi Jois since 1988. He learned the Ashtanga Yoga basics with Derek Ireland and Radha who introduced this challenging yoga system to Finland. In 1994 he met his teacher Lino Miele from Rome, who taught the method of the vinyasa, with counting of breath and movement. Since 1997 he has been going to Mysore, India to deepen his understanding of the original teaching and practicing method of Sri K. Pattabhi Jois. Petri is co-owner of Helsinki Yoga School which is under the guidance of his guru Sri K. Pattabhi Jois and his teacher Lino Miele. In the fall of 2001, Sri K. Pattabhi Jois honoured Petri with his official permission to teach.

FRIDAY, 27th

5:00-7:00pm - Led class (up to navasana)
7:00-9:00pm - Gentle led class for Beginners

SATURDAY, 28th

8:00-10:00am - Mysore Style (open practice)
10:00-11:30am - Led class (up to navasana)
11:30-1:00pm - Gentle led class for beginners
5:00-7:00pm - Ashtanga Techniques for everybody (questions and answers)

SUNDAY, 29th

8:00-10:00am - Mysore Style (open practice)
10:00-11:30am - Led class (up to navasana)
11:30-1:00pm - Gentle led class for beginners

Costs

EUR 30 per class / three classes plus Ashtanga Technique EUR 100

Venue

ELIXIA Leopoldpark – the Fitness & Wellness Club, Leopoldstrasse 250, Munich, Germany

Registration

numbers are limited, so book early to secure a place!
please use attached registration sheet
or register per email at yogainmunich@yahoo.de

