



INTENSIVE ASHTANGA WEEK COLOGNE MAX CZENSZAK / AUTHORIZED TEACHER LEVEL II 22th to 29th april 2016



Max Czenszak - KPJAYI Level 2 authorized ashtanga teacher for the first time on tour in Germany!
We are very proud that he will make a stop in our school for a workshop and a week of mysore morning classes.

WHAT TO EXPECT

Expect a very intense ashtanga experience. In addition to the mysore classes, encompassing the first and the intermediate series, Max will explain the philosophy and the tradition (paramapra) of ashtanga yoga. The details of the program will be adapted to the members of the group, their individual knowledge and their wishes. There is no standard schedule which is applied to all groups. So you can look forward to a very lively workshop which will inspire and fire your personal practice.

MAX CZENSZAK

Max Czenszak is a world renowned ashtanga yoga teacher in the tradition of Sri K. Patthabi Jois. Since 2011 he has been practicing regularly with his teacher Sharath Jois, whom he assists during his stays in Mysore. Sharath authorized him in 2013 for the first series and in 2015 for the intermediate series. At the same time he was given Sharath's blessing to teach and to maintain the ashtanga tradition – called paramapara. As a travelling teacher he does workshops in many countries such as Norway, Poland, Egypt, Indonesia and South Africa. Now, he is visiting Germany for the very first time with stops in two cities only: Berlin and Cologne.

GET INSPIRED BY MAX: MAXASHTANGA.COM



PROGRAMM

ASHTANGA WEEKEND WORKSHOP

FRIDAY, 22th april 16

19:00 Led Class

Conference (get together)

SATURDAY, 23th april 16

08:00-11:00 Mysore Klasse

11:00-12:00 Conference

BREAK

15:00-17:00 Asana Clinic I

17:15-17:45 Chanting

17:45-18:30 Q&A

SUNDAY, 24th april 16

08:00-11:00 Mysore Klasse

11:00-12:00 Conference

BREAK

13:30-15:00 Asana Clinic II

15:00-15:30 Chanting

15:30-16:00 Q&A



MYSORE MORNING WEEK (1st and 2nd Serie)

MONDAY, 25th-april - THURSDAY, 28th april 16

FROM 07:30 Mysore Morning
(Primary & Intermediate Serie)

FRIDAY, 29th april

07:30 Led Class

Conference

Q & A and Say Goodbye

The program might vary as it will be tailored to the members of the respective groups.
The language is english.



WORKSHOP CONTENTS

The workshop can be attended by yoga students of all levels. For the led class, however, the knowledge of the whole series is required. Please talk to us if you are not sure!

The 'asana-clinic' focuses on technical details of chosen asanas. As a result your practice will advance quickly because you will have a comprehensive understanding of the the concrete anatomy of each posture and its meaning.

In the course of the **conferences**, Max will share his knowledge of yoga tradition and philosophy with you. We have suggested the following topics: the eight limbs of yoga, the meaning of paramapara in the ashtanga-system, the importance of daily practice.

The **Q & A-session** offers the opportunity to ask Max all questions about your personal practice and to get individual advice from an experienced teacher and practitioner.

A special treat: Max will be accompanied by his wonderful girlfriend Erikka Pinna, who will assist him in the Mysore Classes.



PRICE

Complete: Ashtanga Weekend Workshop + Mysore Morning Week: 300 €
(early-bird booking*: 270 €)

Single bookings:

Ashtanga Weekend Workshop: € 200 (early-bird booking* 180 €)

The weekend-workshop can only be booked as a whole.

Mysore Morning Week € 130 (early-bird booking* 120 €)

Individual bookings for the mysore morning classes are possible for 28€ for each session.

Your place is save when the fee is cashed. Places are limited!

* early bird booking means: payment receipt until 16-03-18

BOOKING: INFO@SANTOSHA-KOELN.DE