

The Soul of Ashtanga Yoga

with **Tim Miller**

Asheville Yoga Center
March 19 - 21, 2010



Tim Miller has been studying and teaching Ashtanga Yoga for over 25 years and was the first American certified to teach by Pattabhi Jois at the Ashtanga Yoga Research Institute in Mysore, India.

Friday, 6:00–8:30 pm - Ashtanga Yoga and the Gunas ~light practice~ \$55*

Saturday, 8:00–10:30 am - Sadhana Pada & the Primary Series ~strong practice~ \$55*

Saturday, 1:30–4 pm- Pranayama, Chanting, Philosophy, Asana Doctor ~discussion/Q&A~ \$55*

Sunday, 9:00 –11:30 am - Cultivating the Three Vital Essences ~strong practice~ \$55*

\$195 for entire weekend or pay individually - more info online at youryoga.com

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