

BAYoga & Peter Sanson

Ashtanga yoga intensive

September 18-22, 2024



On behalf of **BAYoga**, our local Ashtanga yoga community, I would like to invite you to 5 day Mysore intensive with an incredible teacher Peter Sanson, who has been part of our extended community for a long time.

All students from absolute beginners to advanced practitioners are welcomed!

Peter has devoted his life to the practice and teaching of yoga. For over 20 years he was a dedicated student of late K. Pattabhi Jois. He is one of the few Certified Teachers in the world. But foremost, Peter is a very kind, warm and humble person, and a very wise and compassionate teacher who is able to meet every student on their level. Peter views each student as unique and approaches the teaching of Ashtanga as a form of physical therapy.

Join us for this rare opportunity to practice with Peter who travels all the way from New Zealand to be here with us. Together with Ashtanga Yoga Berkeley we are excited to host him in the SF Bay Area for his 2024 visit.

For more information on registration for Ashtanga Yoga Berkeley please contact Vance at (510) 301 6747 [Ashtanga Yoga Berkeley](https://www.ashtangayoga.com) .

More about Peter: www.petersanson.nz

Dates:

September 18-22, 2024

(Wed – Sun)

Location:

All days but Saturday:

BAYoga @ 330 Melville Ave.

Palo Alto, upstairs

Saturday: TBD

Conference/talk:

after Sunday practice

Potluck:

Saturday afternoon

Time:

Start times 6:30, 7:30, 8:30.

It will be assigned after completion of the registration. The door will be open at 6am

Cost:

Early bird: \$ 230 for all 5 days

After Sep 1st : \$ 250

Drop-in: \$ 50

Special rates are available for students and in individual circumstances.

Payment:

Venmo [@Beata-Skrzypacz](https://venmo.com/Beata-Skrzypacz),

Paypal [@BeataYoga](https://www.paypal.com/BeataYoga)

Please make a note for what days.

For other types of payment please contact Beata.

Registration:

Please fill out the [form](#)

Pre-registration is required.

Contact:

Beata Skrzypacz at

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