

# Ashtanga Yoga Berkeley

& Peter Sanson

present a Mysore Style Intensive



## In the ancient tradition of Ashtanga Yoga

Peter is a truly humble practitioner who has dedicated his life to yoga. With compassion, understanding and joy, he is able to connect with each student on their level. He has been a devoted student of the late K. Pattabhi Jois' for the past 40 years and is one of the few Honorary Certified Teachers in the world. Join us for this very rare opportunity to practice with one of the yoga community's most honored teachers who has journeyed all the way from New Zealand to be here with us. We are excited to host him in Berkeley for this 2024 visit.

Location: Ashtanga Yoga Berkeley, 933 Parker St. Studio 38, BAY 5, Berkeley, 94710

Date: (Five Day Intensive) In Berkeley, September 11-15, (wed-sun)

Conference/talk: Saturday, 9/14 after classes have completed - approximately 11 am

Time: Start Times - 6:30 am, 7:30 am, 8:30 am, 9:30 am

(Start times will be assigned to students upon completion of registration)

Method: Traditional Mysore Style Teaching – Open to all levels

Fee: \$200 for the entire Intensive / OR \$40 per class

(Enrollment preference will be given to the full workshop participants, once the intensive is full then drop-in's will be offered on a first come first serve basis at \$40 per session)

Pre-registration is required This workshop will fill / payment in full will hold your space

To Register call Vance at 510-301-6747 or email, [info@ashtangayogaberkeley.com](mailto:info@ashtangayogaberkeley.com)

Please make checks payable to Vance Selover and Mail to: 933 Parker St. #38, Berkeley, CA 94710

OR Send Payments by PayPal to: [vance@ashtangayogaberkeley.com](mailto:vance@ashtangayogaberkeley.com) OR Send via Venmo

\*Please note, there are no refunds, holds/freezes, exchanges, transfers/extensions on special event classes\*