



W O R K S H O P  
**LINO MIELE**  
*Astanga Yoga:*  
*In the Tradition of*  
*Sri. K. Pattabhi Jois*

Date: **Sat-Sun, Apr 24 & 25, 2010**

Location: **Moksha Riverwest**  
 700 N Carpenter

**Lino Miele** is a first generation student of Sri K. Pattabhi Jois and is one of the few officially certified teachers of Astanga Yoga in the world. Lino began practicing Astanga in Mysore, South India in 1988 and now leads the Astanga Yoga Shala in Rome, Italy.

Lino is the benefactor and creator of Astanga Yoga schools in Milan, Helsinki, and Copenhagen and is the author of the seminal book, Astanga Yoga. Lino's DVD's for Primary, Intermediate, and Advanced Series were produced with the exact vinyasa as prescribed by Pattabhi Jois. Lino conducts Astanga Yoga workshops and retreats in Italy, India, and around the world.

R E G I S T R A T I O N F O R M

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY, St, ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

**\$15 DEPOSIT REQUIRED TO REGISTER**

PMT AMT  CASH  CHECK  VISA/MC  AMEX  DISC  ONLINE

CARD NO. \_\_\_\_\_ EXPIRATION DATE \_\_\_\_\_

SIGNATURE \_\_\_\_\_

O F F I C E U S E O N L Y

OMBASE ENTRY BY \_\_\_\_\_ DATE \_\_\_\_\_

REG LETTER MAILED BY \_\_\_\_\_ DATE \_\_\_\_\_

EMAIL CONFIRMATION \_\_\_\_\_ DATE \_\_\_\_\_

Astanga Yoga practiced in its correct sequential order, gradually leads the practitioner to rediscover his or her fullest potential on all levels of human consciousness ~ physical, psychological, and spiritual. Through this practice of correct breathing (ujjayi pranayama), energy locks (bandhas), and gazing points (dristi), we gain control of the senses and a deep awareness of ourselves. By maintaining this discipline with regularity and devotion, one acquires steadiness of body and mind.

*Please indicate your choice(s) below:*

**Primary, Adjustments & Full Vinyasa ..\$132** (\$156 after Apr 14)

**Mysore, Adjustments & Full Vinyasa ....\$132** (\$156 after Apr 14)

**Sat, April 24, 8-10am.....\$50** (\$60 after Apr 14)

**Mysore Style** A set series of asanas practiced by the student at their own individual pace and assisted by the teacher, the way it is taught in Mysore, India by Sri K. Pattabhi Jois. Previous Astanga experience required. Primary through Fourth series students accepted.

**Sat, April 24, 10:30am-12:30pm.....\$50** (\$60 after Apr 14)

**Primary Series** - The Primary Series, referred as Yoga Chikita (which literally means Yoga Therapy), detoxifies and aligns the body. The led class is an introduction to the entire primary series in a group pacing. The vinyasa or breathing system is emphasized.

**Sat, April 24, 1-4pm.....\$65** (\$75 after Apr 14)

**Adjustments & Techniques** - This class is geared toward teachers and dedicated students who wish to deepen their understanding of the art of adjusting. This workshop class will include theory, discussion, and hands-on adjustments.

**Sun, Apr 25, 10:30am-12:30pm.....\$50** (\$60 after Apr 14)

**Full Vinyasa** - In this led class, the traditional primary series is taught including a full vinyasa (to Samastihii between each pose) and half vinyasa (between each side). This class is a challenging and vigorous practice guaranteed to turn up the heat (tapas). Open to all skill levels.

