



LUKE JORDAN

Luke Jordan and his wife Sonja Radvila are the Mysore-style experts of the AntwerpYoga team. They have studied intensively with Sri K. Pattabhi Jois and his grandson R. Sharath, and now travel the world sharing their knowledge.

Luke Jordan has been a student of Ashtanga Yoga for 12 years, and while he does not claim to have all the answers, loves to share the understandings that have come through his experience. He has practiced with and studied under some of the best teachers in the world and has himself shared this traditional yoga method internationally. Luke is authorised to teach the primary and intermediate series and has practiced the advanced series for many years.

YOGA, AN EXPERIENCE BEYOND POSTURES WITH LUKE JORDAN

Sunday 4/03, 14.00 - 17.00

During this workshop we will explore the fundamental techniques of the Ashtanga Vinyasa practice, that when applied correctly, can move us from just doing postures to having an experience of yoga. "Yoga" can be translated as liberation or the transcendence of the conventional mind- it goes beyond postures. Using breath, concentration and energy management, we can broaden our mental perspective. While drawing from the Ashtanga tradition, these principles apply to every asana practice. This workshop is suitable for beginners to seasoned yogis.

**Luke's wife Sonja, will teach her workshop on sunday 19/2/2012. Book both sessions for 70 euro.*

Date & Time: Sunday 4/3, 14.00-17.00

Address: AntwerpYoga, Frankrijklei 107, 2000 Antwerp

Registration: info@antwerpyoga.be

Price: 1 session: 45 Euro, 2 sessions: 70 Euro*

Payment: 001-6449760-15

IBAN BE83 0016 4497 6015, BIC GEBABEBB
mention your name + name workshop

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