



# Ashtanga Yoga Workshop

with **Andrea Lutz (Berlin) & Aris Kapetanakis (Athens)**

**21. & 22. March 2015**

## **Saturday:**

09:00 - 09:45 Meditation (Zazen)

10:00 - 12:00 am Mysore

01:00 - 04:00 pm Workshop

## **Sunday:**

09:00 - 09:45 Meditation (Zazen)

10:00 - 12:00 am Mysore

01:00 - 04:00 pm Workshop

An intensive Workshop based on traditional Ashtanga Yoga with two highly experienced Teachers and dedicated Practitioners of traditional Ashtanga Yoga.

This weekend will provide you with a profound step-by-step exploration of the classical System of the Ashtanga Yoga Practice. We will work from the insight to the outside, using the breath, bandhas and drishtis for a complete and deep Yoga experience. We will explore technical skills and the alignment of the poses for a safe and effective way to practice.

The use of weight and gravity will help you to find a light and effortless way to jump through. The bandhas will be explained in depth and detail, and we will explore upside down positions like Head – and Handstand to stimulate core strength and balance.

During the workshop Andrea and Aris will give technical instructions and helpful adjustments to improve and deepen your personal Practice. They will help you to adjust even difficult poses suiting your personal needs and abilities.

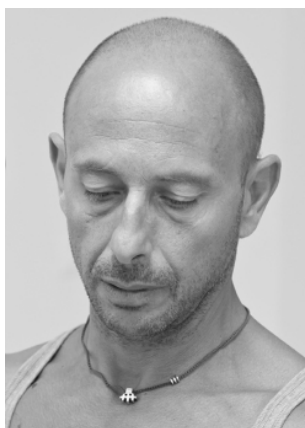
The Zazen - Meditation cultivates calmness and will assist and support your Yoga practice by elevating your ability to concentrate.

Whether you are a Beginner or an Advanced Practitioner of Ashtanga Yoga this workshop will offer you a more profound understanding of Ashtanga Yoga, technical skills and will bring enjoyment and compassion to your Yoga practice.

For a safe experience and deep exploration it is recommend to attend the entire workshop.



**Aris Kapetanakis, founder & director of Porta Pandana  
(Ashtanga Yoga Shala in Athens)**



He has been practicing Ashtanga Yoga for many years under the guidance of Kristina Karitinou-Ireland and Manju Pattabhi Jois. He has completed the Primary and Intermediate Series Teacher´s Training with Kristina Karitinou and Manju and he has attended several major Ashtanga seminars (Tim Miller, Randa and Piere etc.). He is authorised by Manju P. Jois to teach the Primary and the Intermediate Series of Ashtanga Yoga.

He is practicing Aikido (Birankai International) and Zazen with Jenny Flower sensei in the Athens Aikido Dojo with T.K Chiba Sensei for 15 years. Over the years, Aris has attended numerous Sesshin (intense Meditation Seminars) and he is 2nd Degree Reiki Practitioner.

Furthermore Aris is licenced Plane Pilot, and has obtained licences in Skydiving and Open Sea Sailing. He has travelled extensively through his career as an Engineer. His love and respect for the Nature gives him a profound and deep understanding of the correlation between body and mind. [www.ashtangayogaathens.com](http://www.ashtangayogaathens.com)

**Andrea Lutz, founder & director of Ashtanga Studio Berlin**



Andrea is practicing Yoga since 3 decades and Ashtanga Yoga since 1997. She is following the traditional lineage of Sri K. Patthabi Jois, carried by his son Manju P. Jois and Nancy Gilgoff. In recent years she has been practicing with and learning from them both on several workshops, teacher trainings and on long study visits to Maui/Hawaii where she goes every year since 2006 to learn directly from Nancy and to deepen her own practice.

In 2009 Manju P. Jois authorised Andrea to teach the Primary and the Intermediate Series of traditional Ashtanga Yoga and she has his blessing to teach the Advanced Series.

Andrea possesses extensive and sound background knowledge of alternative medicine. She holds a degree as a healing practitioner and a degree in physiotherapy. She was a performance artist and dancer for 10 years and she studied different methods of body work therapy. In 2014 she received the Reiki Initiation. see more: [www.ashtangastudio.de](http://www.ashtangastudio.de)

Andrea & Aris cooperate since 2012, they organize and teach together retreats, workshops and Teachers Trainings. Each of them brings their knowledge and experience into their work, what results in a broader and deeply inspiring teaching.

costs: full workshop: 150 euro if registered before march 1st, after 160 euro.  
only afternoon workshop: 120 euro, only Mysore class: 25 euro each,  
Meditation is free of charge.

**where: Centre Perou, Av. du Perou 23, 1000 Brussels (Watermael-Boitsfort)**

**Registration and Information:**

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