

ASHTANGA YOGA UPPSALA

Petri Räisänen Workshop

October 8-10, 2010



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Petri has been practising ashtanga yoga since 1988, teaching since 1990 and has been authorized to teach by Sri K. Patthabi Jois. Petri is co-founder of "Astanga Joogakoulu" in Helsinki - one of the world's largest Ashtanga yoga schools. His book "Kraften bakom yoga" ("The Power of Yoga") came out in Swedish in 2004 and has become a bestseller. Petri is a much appreciated and internationally recognized teacher who gives workshops worldwide and is well-known for his calmness, his charisma and his "magic touch".

Mysore group 1: Fri 6:15, Sat+Sun 7:15. Price: 1000:-

Mysore group 2: Fri 8:15, Sat+Sun 9:15. Price: 1000:-

Led class (not suited for total beginners): Sat+Sun 11:30-13:30. Price: 800:-

Saturday afternoon session (included for all workshop participants):

15-16:30 Yoga Philosophy + 16:30-17:30 Questions & Answers.

Afterwards we all go out for dinner together!

Registration: Send an e-mail to info@ashtanga uppsala.se or call 0706-451500.

Payment: For practical reasons the workshop needs to be paid in cash at our shala before September 28 - reservations not paid for will then be passed on to the waiting list.

www.ashtanga uppsala.se