



Ashtanga yoga with Bobbi Misiti in the mountains



August 31 st September 1st and 2nd

Schedule:

Friday

gathering

Saturday

07.00 led class

09.30: b-fast

11.00: core postures of primary series

(Bobbi will talk about lotus and half lotus, binds,

address knees, hips lower back and hamstrings.

then break down and individualize the ardha baddha

postures, marichyasana series, bhujapidasana,

kurmasana/supta kurmasana, garbha pindasana).

13.30: lunch

15.00: The other side of primary (where she focuses on navasana

- setu bandhasana and closing inversions)

17.00:break

19.00: Chanting around the fire (if weather allows it) with Irene

Sunday

07.00 led class

09.30: b-fast

11.00: Demystifying second series

13.30: lunch

Free to go back to bucharest

Accommodation

You can stay with us in the cabana, for free, bringing a sleeping bag and sharing the shala space for sleeping, for more private accommodation, you can stay at tanti Lenutza's guest house.

Meals

We are going to serve delicious vegetarian food in the cabana.

If you have a car and would like to take some of the students or do not have one, and would like to be taken by someone, please let us know.

Suggested donation 200 ron/ 250 ron (supportive member)