

Near East Yoga Presents:

Master Ashtanga Teacher

Kathy Cooper

Mysore Classes and Two Special Seminars

October 30th to November 7th, \$75 dollars for all. \$20 Mysore Drop-in, \$35 Seminar Drop-in

Join world traveler, Waldorf school teacher, mother and Senior Ashtangini, Kathy Cooper for this rare opportunity to learn from a Master Teacher.

Kathy has 35 years of Ashtanga Yoga experience to draw on including 33 years training with Sri K Pattabhi Jois in Mysore, India and Maui, Hawaii.

Kathy Cooper has a special light that warms everyone she meets. There are few teachers with her credentials. Join with us in welcoming this star teacher.



Mysore Schedule

Must know standing ashtanga krama to participate.

Tuesday Oct. 30th	Wednesday Oct. 31st	Thursday Nov. 1st	Friday Nov. 2nd	Saturday Nov. 3rd	Sunday Nov. 4th	Monday Nov. 5th	Tuesday Nov. 6th	Wednesday Nov. 7th
830AM and 530PM	9AM	9AM	see Seminar A 7AM	9AM	9AM and see Seminar B 1130AM	530PM	9AM and 530PM	9AM

Special Seminar A- 1/2 led Primary

Friday Nov 2nd, 7-9AM

Roga Chakitsa or "illness purification" is the basic therapy we Ashtangis regularly execute as our foundation practice. In this seminar Kathy will deconstruct the method and it's application via the known path of Primary Series. It will be a vigorous class but suitable for folks new and old to yoga. Some experience recommended.

Special Seminar B- The Yoga Teachers Practice

Sunday November 4th 1130AM-130PM (bring a snack, lecture and discussion only)

Yoga teaching is a wonderful vocation and so many people are drawn to it, yet so many teachers continue on, unsupported, learning the hard way, how and when to set appropriate boundaries and how to remain balanced in the rigorous but rewarding field of yoga teaching. Sometimes we need to hear, again, from a trusted source their observations of the field of yoga teaching. This workshop is open to both yoga teachers and interested yogis.

Near East Yoga
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neareastyoga.com