

ASHTANGA YOGA

First Time In SHANGHAI
This Great Event Organized By The
Ashtanga Yogi Bharath

| Mr. Bu's Ashtanga Hall presents |

August 07 – 10 , 2019

Eddie Stern.



World renown Ashtanga Yogi,
Sanskrit Student, Author,
Breathing App creator



| Class details for Eddie Stern Workshop |



DAY 1 & DAY 2



6:30-8:00 Led Primary series
8:15-9:00 Pranayama.
14:00-15:15 Yoga Therapy
15:30-16:00 Chanting
16:00-17:00 Meditation

DAY 3 & DAY 4



6:30-8:00 Led Primary series
8:15-9:15 Pranayama & Chanting
14:00-15:30 Lecture
15:30-16:00 Q & A
16:00-17:00 Meditation
After class pictures taking time.



Price:

Original price:- 4200/-

Early Bird:- 3200/- (till 30th of April)

Group on:- Buy 10 - 1 free.

Contact details:-Mr. Bu:- 0086-
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