

AN EXCITING ENERGISING ASHTANGA YOGA WORKSHOP

Date:

25th to 30th July 2010, daily 8:30 – 10:00 (6 sessions of 90 min)

Where:

Yoga hall Hotel Christina in Dahab, Sinai

Description / Target:

Learn step by step Headstand, Handstand and “Scorpion”. Get the confidence in these poses through an exact exercise program based on Ashtanga Yoga.

Addressing to:

Intermediate to advanced female yoga practitioners: This workshop is created for experienced Yoga practitioners and sporty women who love the challenge.

Course instructor:

Annette Schimandl is a professional German Physiotherapist and certified Yoga Teacher. She teaches a dynamic yet intuitive Yoga, enjoying the challenge of guiding each of her students to their personal best. With the background of her education, year long experience as a Physiotherapist and her passion for Yoga you will feel motivated and completely safe during this workshop. After all Annette is a very amiable character and it's just great fun to be at her classes.



Prices:

Workshop (6 days): 510.00 LE (special price for locals: 310 LE)

Single session (90 min): 100.00 LE (special price for locals: 65 LE)

Contact / Reservation:

Yoga: Annette, Mobile +20 (0)199192231

Accommodation: Christina Hotels Dahab, www.christinahotels.com

Please bring your own Yoga mat (cotton carpets are provided)

