

Straight from Mysore, India:

Masterji M.S. Vishvanath is the nephew and close disciple of Sri K. Pattabhi Jois, the founder of Ashtangayoga.

In Finland now for the second time; first time in Tampere!

The teaching is in English!

If you are coming only to a part of the program, please, send e-mail to roponen.johanna@gmail.com to confirm the details.

PROGRAM from 10th to 15nd of August:

Friday

The opening lecture is free of cost!

17:00–19:00 Lecture: What is Yoga?

Saturday

8:30–10:30 Mysore, group1

14:00–15:30 Lecture: What is Yoga?

15:30–17:00 Pranayama

Sunday

8:30–10:30 Mysore, group1

14:00–15:30 Lecture: What is Yoga?

15:30–17:00 Pranayama

Monday

6:00–9:00 Mysore

Tuesday

6:00–9:00 Mysore

Wednesday

6:00–9:00 Mysore

PRICE: Note! Payment in cash

The whole course 250€

1 Mysore–practice 40€

Lecture+pranayama–combo (only the Sat & Sun) 40€