

Join Level-2 Authorized teacher David Robson for an intensive, 40-hour Immersion in the Primary Series of Ashtanga Vinyasa Yoga.

The week will be based around morning mysore-style practice with David. The rest of the day will be devoted to workshops in:

- Asana clinics
- Hands-on adjustment techniques
- Functional anatomy
- Sanskrit in the practice
- Learning the traditional vinyasa count for the Primary Series
- Philosophy and theory of Ashtanga Vinyasa Yoga and The Yoga Sutras

This Immersion is for both students and teachers. You do not have to be a teacher, or want to be a teacher, to attend. However, students should have an established practice to get the most out of this training.

Please note that this is not a teacher certification course. Only R. Sharath of the KPJ Ashtanga Yoga Institute in Mysore, India, can grant Authorization and Certification to teach Ashtanga Vinyasa Yoga. Participants who complete all of the immersion will receive a certificate at the end of the course, but not a teaching certification.

Bio:

David Robson is the co-owner and director of the [Ashtanga Yoga Centre of Toronto](#). With 100+ students each morning, he leads one of the world's largest Mysore programs. After completing degree in Comparative Religion, David made his first trip to Mysore, India in 2002, where he initiated studies with his teacher Sharath Jois. Since then he has returned annually to deepen and enrich his practice and teaching. David teaches workshops and retreats around the world, and he recently released a popular DVD on vinyasa, [Learn To Float](#). He is Level-2 Authorized by the [Sri K. Pattabhi Jois Ashtanga Yoga Institute](#).

Date:

Aug 10 – 17, 2012

Times: Outline timing, these timings are to be confirmed: Mysore 6am-9am, with studies continuing each day from 9.30-11.30am and from 1.30-4.30pm.

FEE (includes HST): \$1,200 (students \$1,000). \$100 discount if paid in full by June 1st. Registration is complete with a non-refundable (non-refundable under any circumstances) down-payment of \$250. The balance is payable two weeks before the beginning of the course.

Reading List:

An [Ashtanga Immersion Manual](#) by David Robson will be included in the cost of the workshop.

Students will be required to read [Yoga Mala](#), by Sri K.P. Jois.