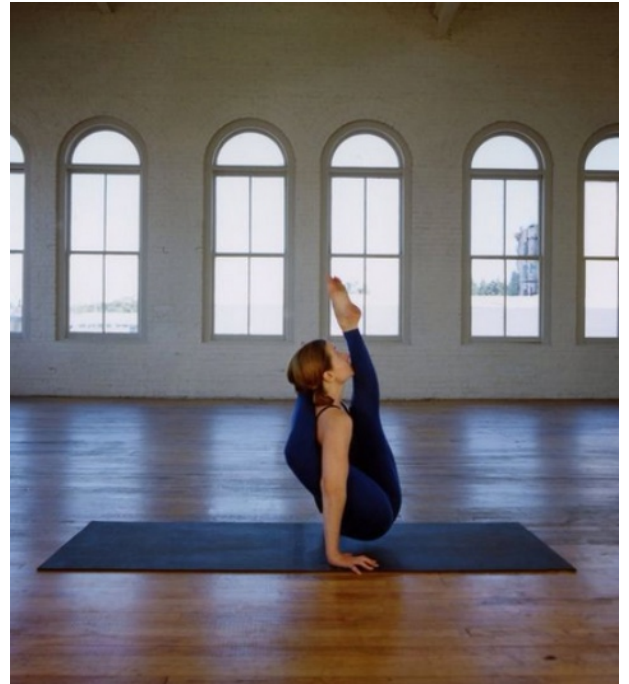


Workshop with Angela Jamison



Angela Jamison, KPJAYI Certified Teacher

Founder & Director of Ashtanga Yoga Ann Arbor

Angela and I met in Mysore, India at KPJAYI in January 2014, after which she invited me to apprentice with her at her shala in Ann Arbor, MI during the summer of 2014. She has continued to inspire and mentor me since that time. By inviting her to AYA, I wish for students to connect with her personally and find inspiration and enrichment through the depth of her teachings.

"Relationship is the medium of nourishment for the spirit in this practice."

SCHEDULE

Friday, October 19th

- ▶ 6:00 am - 9:00 am Led Classes
- ▶ 6:00 pm - 8:30 pm Lecture and Q&A:
Purpose of Yoga - The Gita, Yoga Sutras and Hatha Yoga Pradipika all have different meta-messages about what is the purpose of yoga. What are they?

Saturday, October 20th:

- ▶ 7:00 am - 11:00 am Mysore Classes
- ▶ 12:00 pm - 2:30 pm Lecture and Q&A:
Gastro-Intestinal Tract as a Gateway to the Inner Body

When: Friday, October 19th & Saturday, October 20th, 2018

Where: Ashtanga Yoga Austin
2112 Robert Browning St
Austin, TX 78723

Cost: \$130 by September 30th; \$150 thereafter. Payment by cash, check or online via Zelle to priya@ashtangayogaaustin.com (<https://www.zellepay.com/>)