

special guest

KATY APPLETON 6 + 7 may 2010 VINYASA FLOW



about KATY: Katy Appleton enjoyed a 10 year career as a dancer before devoting herself completely to yoga. she danced across the world with the Royal Ballet and English National Ballet, complimenting her dance career with the power of yoga's movements, breathing and relaxation techniques.

after studying many different styles with some of the world's leading practitioners, Katy draws on her experiences to teach her own form of yoga, known worldwide as APPELYOGA. the appleyoga brand has published several yoga books and five bestselling DVDs by Katy, she also appears regularly on Sky TV.



innercityyoga

3 rue de rive | www.innercityyoga.com | t: 022 310 3535

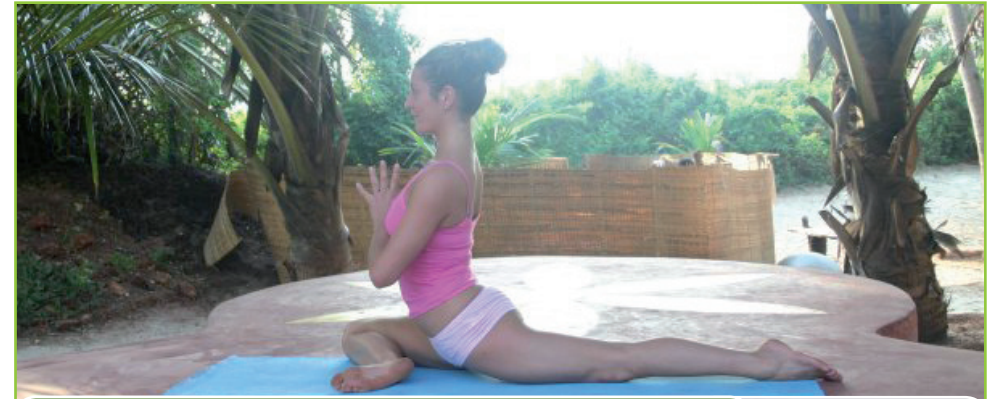
LEVELS: this workshop is open to all levels, but does not suit pure beginners (without any yoga experience); come train with us prior!

friday 6 may, 18h30 – 21h00 «**APPLE HEART FLOW**» - all levels

we will focus on slowly building a rhythmic breath to centre both body and mind, whilst using enquiry to find an intention and affirmation to your practice. the class will be inspired with Katy's love for Vinyasa Yoga and Bhakti Yoga (the heart essence path) expect flowing asana with structured alignment, mantra, Sufi poetry, wicked musical vibes and deep relaxation.

saturday 7 may, 14h00 – 17h00 «**CHAKRA VINYASA FLOW**» - all levels

in this class Katy will flow through the energy body after an insightful lecture on the map of the energy body. on offer will be a dynamic flow and then moving towards the delights of a lunar practice, hip openers, forward bends and twists with a deep relaxation. this workshop will ground your prana to help stay clear in mind, vibrant in body, and soft in heart. expect to feel relaxed, rejuvenated and restored.



rates & registration

rsvp: limited space; registration recommended.*

	1 cours	2 cours	non-members: 1 class	2 classes
members:				
before 15 apr.:	75.-	140.-	85.-	160.-
after 15 april:	85.-	160.-	95.-	180.-

students max. 30 years old: 10% off

please register: info@innercityyoga.com | 022 310 3535



à propos de KATY

la fabuleuse KATY APPLETON retourne à innercityyoga, enseignant une fusion entre alignement (style iyengar) et transitions dynamiques (vinyasa flow) en accord avec la respiration spécifique et aussi des chants (mantras). le tout dans un esprit décontracté: les amateurs des cours à INNERCITYYOGA retrouveront chez Katy le même esprit ludique. KATY a publié plusieurs livres et DVDs.

ce stage est accessible à tous les niveaux, mais non recommandé aux débutants sans aucune expérience dans le yoga. réservation recommandée: places limitées.

ce stage est donné en anglais; ne ratez pas cette occasion de pratiquer avec une enseignante aussi compétente que charmante.

*seul le prépaiement permet de réserver votre place. les réservations ne sont pas remboursables. merci ! *reservation only accepted when prepaid in cash or by credit card. absolutely no refunds. thank you.