

# Introduction to Ashtanga Yoga

as taught by Sri K. Pattabhi Jois

with  
Michele Nichols

Come experience the power of awakening through deep conscious breathing and movement. **Ashtanga Yoga** is a challenging practice of breath and mindfulness learned over time through a sequence of poses, guiding you deeper and deeper into yourself. **Pre-registration is required.** *Space is limited to 15.*

Four Sundays in February

2/1, 2/8, 2/15, 2/22

10:30am-12:00pm ♦ \$60



**Michele** has been teaching Ashtanga Yoga for the past ten years in Santa Barbara. She comes to the yoga room with 30 years of mind/body training including dance, massage, yoga and meditation. She is passionate about teaching proper body alignment in hopes of supporting people to *sustain practice over a long period of time*, as taught in the Patanjali Yoga Sutras.

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