

# Ashtanga Vinyasa Yoga

## Beginners Course

*Taught in the Tradition of Sri K Pattabhi Jois*  
at

**Brimble Hill School, Isambard Campus, Redhouse Way,  
Redhouse, Swindon. SN25 2ND**

with

**Simon Chandler**

An 8-week course where you can gain a thorough grounding in the basics of Ashtanga Vinyasa Yoga. The practise is introduced very slowly so that everyone can experience this wonderful form of yoga. Suitable for all levels of practitioner from complete beginners to experienced practitioners who want to learn more about this particular style of yoga.

**Course starts Wednesday 18<sup>th</sup> January and runs weekly**

**6:00pm - 7:00pm**

**£68 for 8 classes**

Course Outline

- Basics of the practice including breath, bandhas, dristi and vinyasa
- The Sun Salutations and Fundamental Standing Poses
- An introduction to the poses of the Ashtanga Vinyasa Primary Series
- Basic Back bending and the Finishing Sequence

Simon is an advanced practitioner of Ashtanga Vinyasa Yoga. He is authorised by Sri K Pattabhi Jois of Mysore, South India to teach this method. He is also a British Wheel of Yoga Teaching Diploma holder. To book a place on this course please contact: -

*Simon Chandler*

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