



TORINO, MARCH 3-5, 2017

YOGA SUTRA STUDIO

ASHTANGA VINYASA YOGA TORINO

presents

KRISTINA KARITINOS



Certified Ashtanga Yoga Teacher

For information and booking:

Yoga Sutra Studio – Via Maria Vittoria 35, Torino Tel. + 39 347 3012752
yogasustrastudio@gmail.com – www.yogasustrastudio.com

SCHEDULE:

❖ FRIDAY, MARCH 3rd

From 6 to 8 pm

INTRODUCTION TO THE WORKSHOP WITH PRIMARY SERIES LED CLASS

❖ SATURDAY, March 4th

From 8 am to 10 am

MYSORE STYLE CLASS

From 11 am to 1 pm

CLINIC CLASS – INTRODUCTION TO INTERMEDIATE SERIES

❖ SUNDAY, March 5th

From 8 am to 10 am

MYSORE STYLE CLASS

From 11 am to 12,30 am

HISTORY OF ASHTANGA

ZEN SEATING MEDITATION

PRICES:

FULL WORKSHOP € 180

SATURDAY+SUNDAY € 150

SATURDAY OR SUNDAY € 80

SINGLE PRACTICE € 50

Please note: for those who are not Yoga Sutra Studio asd students, CSEN Membership card 2015/2016 valid to attend workshops: €15

Full rates are to be paid in advance at:

Yoga Sutra Studio A.S.D. - Credito Valtellinese c/c 94726

IBAN: IT64Q052160100000000094726

causale: workshop Kristina Karitinos

In case of cancellation:

- Before February 15, 2017 : 100% refund
- After February 15, 2017: no refund