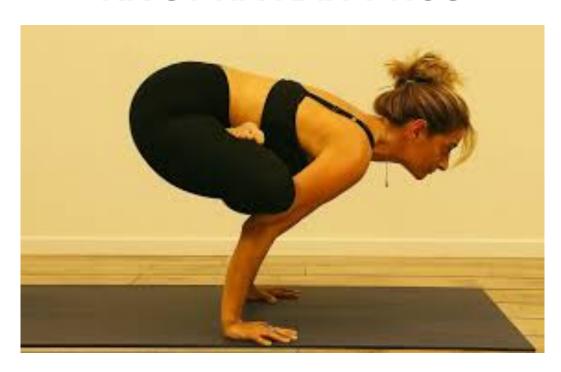


TORINO, OCTOBER 5-7, 2018

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, TorinoTel. + 39 347 3012752 yogasutrastudio@gmail.com – www.yogasutrastudio.com

SCHEDULE:

❖ FRIDAY, OCTOBER 5rd

From 6 to 8 pm

INTRODUCTION TO THE WORKSHOP WITH PRIMARY SERIES LED CLASS

SATURDAY, OCTOBER 6th

From 8 am to 10 am

MYSORE STYLE CLASS

From 11 am to 1 pm

INTERMEDIATE SERIES LED CLASS

❖ SUNDAY, OCTOBER 7th

From 8 am to 10 am

MYSORE STYLE CLASS

From 11 am to 12,30 am

ASHTANGA YOGA FOUNDATIONS AND HISTORY

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 2018/2019 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: IT64Q0521601000000000094726

causale: workshop Kristina Karitinos

In case of cancellation:

• Before September 15, 2018: 100% refund

• After September 15, 2018: no refund