

# yogasutra } studio

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, Torino Tel. + 39 347 3012752**  
[yogasustrastudio@gmail.com](mailto:yogasustrastudio@gmail.com) – [www.yogasustrastudio.com](http://www.yogasustrastudio.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: IT64Q052160100000000094726

causale: workshop Kristina Karitinos

**In case of cancellation:**

- Before September 15, 2018 : 100% refund
- After September 15, 2018: no refund