



TORINO, 5-7 NOVEMBRE 2021

YOGA SUTRA STUDIO - ASHTANGA YOGA TORINO

presenta

KRISTINA KARITINOS IRELAND



Certified Ashtanga Yoga Teacher

Kristina is a certified Ashtanga Yoga teacher, Zen practitioner from Greece who has been teaching the tradition of Sri K. Pattabhi Jois since 1991. She was qualified as an Ashtanga Vinyasa Yoga teacher by her late husband Derek Ireland, authorized by Sri K. Pattabhi Jois and Certified by his son, Manju Pattabhi Jois in 2021. After many years assisting Derek Ireland around the world, Kristina became one of the first Ashtanga teachers in Europe.

Posti limitati – prenotazione entro il 20 ottobre 2021:

Yoga Sutra Studio – Via Giulia di Barolo 12, Torino

Tel. + 39 347 3012752 yogasustrastudio@gmail.com

PROGRAMMA/PROGRAM

Venerdì 5 novembre /Friday, November 5th

18,00 – 20.00: Talk Primary

Sabato 6 novembre /Saturday, November 6th

8,00 – 10,00: Mysore Style class

01,30 – 12,30: Le Intermediate class with variations

Domenica 7 novembre /Sunday, November 7th

8,00 – 10,00: Mysore Style class

10,30 – 12,30: Zen meditation + Q&A

COSTI/QUOTES

Full workshop – 180 €

Venerdì/Friday – 40 €

Venerdì + sabato (Friday + Saturday) – 120 €

Sabato + domenica (Saturday + Sunday) – 150 €

Sabato o domenica (One day, Saturday or Sunday) – 90 €

Conferma con bonifico intera quota a:

Yoga Sutra Studio A.S.D. - Credito Valtellinese
c/c 94726; IBAN: IT64Q0521601000000000094726
Causale: workshop Kristina Karitinos

In caso di annullamento da parte dell'organizzazione per Covid, rimborso quota 100%.

In caso di annullamento del partecipante: entro il 24 ottobre rimborso 100%; dopo il 24 ottobre no rimborso.

INFORMAZIONI E ISCRIZIONI/BOOKING

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