



delight yoga

THE HATHA YOGA TRADITION AND THE EVOLUTION OF CONSCIOUSNESS WITH MICHAEL HAMILTON

An asana, pranayama, chanting, yoga philosophy and meditation urban intensive

DATE: August 9TH - 15TH

TIME: Monday - Friday 06:30 - 09:30 / Saturday - Sunday 10:00 - 17:00

PRICE: Monday - Friday € 115,- / Monday - Sunday € 225,- / Saturday - Sunday € 135,-

LEVEL: All levels, though it is recommended to have experience in Mysore style Ashtanga.

MORNING INTENSIVE

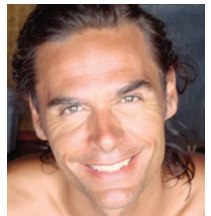
Like a rich tapestry the Hatha Yoga tradition is filled with wisdom on how to live with awareness. Over the course of a week we will reflect on how we can live mindfully and fulfill our full potential, to be a complete person, compassionate and fully present. Throughout the week Michael will share his understanding of using the application of external structures to achieve an internal yoga practice.

SATURDAY & SUNDAY

Daily practice will consist of morning mysore Ashtanga practice, and afternoon class with meditation and chanting practice, yoga philosophy, pranayama and the structural investigation of asana. Through discussion we will seek common ground in wisdom practices from yoga philosophy, mysticism, contemporary western philosophy and integral approaches to psychology.

MICHAEL HAMILTON

Michael originates from Canada and South Africa. He has studied yoga with many prominent teachers in the Krishnamacharya lineages, focusing on Iyengar and Ashtanga. Michael is authorized to teach Ashtanga by Sri K. Pattabhi Jois of Mysore India. He spent time in monasteries in Asia and America studying meditation, which form the foundation of his teachings on yoga and its integration into our daily lives. With an eye for detail and alignment and an emphasis on the internal practice of yoga, Michael leads traditional Ashtanga based Mysore and led classes, and conducts workshops throughout the world. Michael teaches in English. For more information please see www.michael.ashtangis.com



REGISTRATION

to participate in this workshop email to registration@delightyoga.nl. Full payment is required to ensure your place. Registration is confirmed when transfer is through.

Weteringschans 53, 1017 RW Amsterdam

www.delightyoga.nl