

ASHTANGA HALIFAX

traditional Ashtanga yoga



WORKSHOP WITH NANCY GILGOFF

Saturday, January 14 9 a.m. – 12:30 p.m.

Led primary series, light pranayama, Q&A and discussion.

Sunday, January 15 9 a.m. – 12:30 p.m.

Led half primary series, plus intro to intermediate series, loving kindness meditation, Q&A.

This workshop will offer two led classes: full primary series will be taught on Saturday; on Sunday, primary to navasana plus intermediate. After practice, Nancy will teach loving kindness meditation (Saturday) and give an introduction to pranayama (Sunday).

There will be lots of opportunity after both sessions to ask questions on the Ashtanga system of yoga.

About Nancy:

Nancy was the first western woman to study Ashtanga Yoga with Pattabhi Jois 38 years ago in Mysore, India. As a result of her long and close association with Pattabhi Jois, Nancy is able to teach with a style and touch that comes directly from Guruji. When Nancy asked Jois how she should teach, he told her to “teach the way I taught you”—advice which she took to heart and continues to follow today. Nancy’s studies have also led her to other teachers, including Baba Hari Das and various Iyengar Yoga teachers. Nancy has and continues to pursue the dharma teachings of the Dalai Lama, and spends much of her time traveling and teaching in the United States, Europe and Asia with an intention to foster loving-kindness and to share her experience of yoga with others.

Nancy is the director of the House of Yoga and Zen on Maui.

Cost: \$175



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