

ASHTANGA HALIFAX

traditional Ashtanga yoga



ASHTANGA INTENSIVE *and* OCEAN RETREAT *with* NANCY GILGOFF

July 7–13, 2012

Join Nancy for her first Ashtanga Intensive and Ocean Retreat in Nova Scotia, located at Shobac, Nova Scotia, the architectural creation of Bryan MacKay-Lyons.

Our retreat will include: daily mysore classes; afternoon workshops; chef-prepared vegetarian and vegan meals; amazing accommodations; an architectural talk with Bryan MacKay-Lyons; lots of time for relaxing and other activities; swim, sunbathe, surf, and hike at nearby Hirtle's beach; time for site-seeing at the historic town of Lunenburg and surrounding area (many more beaches).

Cost: \$1,600 (includes accommodations, meals, & yoga)

A deposit of \$800 by April 30 reserves your spot. Full payment is due by June 30. Cancellation policy: there will be no refunds given after June 1; a \$100 administration fee will be charged for early cancellations. Contact ashtangahalifax@gmail.com for additional info and registration.

Please visit the Shobac website www.shobac.mlsarchitects.ca for more info on our spectacular location and surrounding area.

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 Gurujii. 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.



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