



# Ashtanga Yoga Intensive

with Clayton Horton

August 17-20th, 2018



Don't miss this opportunity to practice with one of our dearest guest teachers, Clayton Horton, over a period of four days. Start off with a led class on Friday morning and continue with Mysore style practice every morning on Saturday, Sunday and Monday. Deepen your practice with the help of one or more workshops offered throughout the weekend as well as on Monday evening.

You are free to choose any number of participations and to make your own mix of workshops. (Take advantage of the low prices of our packages! See below)

## Friday, August 17

6.30 – 8.00 ASHTANGA YOGA LED CLASS  
(NOT RECOMMENDED FOR TOTAL BEGINNERS)

18.30 – 20.00 KIRTAN

## Saturday, August 18

8.00 – 10.30 ASHTANGA YOGA MYSORE STYLE<sup>1</sup>

11.00 – 13.30 WORKSHOP  
"FIVE ELEMENTS OF ASHTANGA YOGA"

In this workshop, we will get grounded with proper intention, exploring the basic philosophy of yoga and its application. We will focus on correct breathing, Sun Salutations, Standing Poses and Finishing Poses.

14.30 – 17.00 WORKSHOP  
"PRIMA RY SERIES - POLISHING THE GEM"

Here, we cover the entire Ashtanga Primary Series with technical breakdown of postures with demonstrations and options for beginners.

## Sunday, August 19

8.00 – 10.30 ASHTANGA YOGA MYSORE STYLE<sup>1</sup>

11.00 – 13.30 WORKSHOP  
"JOYFUL BACKBENDING AND TWISTS"

Let's open up the spine, torso and shoulders for a liberating and expanding unfoldment!

14.30 – 17.00 WORKSHOP  
"HAPPY LOTUS - HAPPY HIPS OPENING"

This workshop will focus on deep hip opening to methodically become more proficient and relaxed in lotus and meditation type postures.

## Monday, August 20

6.15 – 8.45 ASHTANGA YOGA MYSORE STYLE<sup>1</sup>

19.00 – 21.30 BEGINNERS WORKSHOP  
"SIMPLE AND STRONG FOUNDATION"

Come learn the basics of Breath, Movement and Attention in this evening workshop created for those who are new to the practice or those who simply want to polish and refine their practice.

<sup>1</sup> All levels welcome, flexible starting time

Clayton is an experienced and internationally known KPJAYI Certified Ashtanga yoga teacher. He discovered yoga at age 21 whilst living in San Francisco, California, when his mother took him to a pranayama class. After several years of practice and a long trip to India, he began teaching in 1996.

Clayton studied with masters Sri K. Pattabhi Jois and the Greensufi for many years, both of whom gave him great inspiration to practise daily and develop a yogic lifestyle. He founded Greenpath Yoga in San Francisco in October of 2001. The studio was one of America's first green and environmentally-friendly yoga studios with inspiring and progressive yoga programmes, philosophies, events and authenticity. Clayton received formal authorisation to teach Ashtanga Yoga from the Ashtanga Yoga Research Institute of Mysore, South India in 2003 and he received Level Two Authorisation in 2010. Whilst attending a course for teachers in Mysore during the summer of 2016, Sharath Jois awarded Clayton with the blessing of 'Certification' – the highest level of accreditation for teachers at the institute.



Clayton's teaching style is traditional, yet light-hearted and relaxed. He believes that by practising and living yoga, we can transform ourselves and the world around us.

Currently, Clayton teaches Daily Ashtanga classes at Pure Yoga in Hong Kong at Pure's Centrum Location.

## Prices

MYSORE PRACTICE	Single class	EUR	23/12 <sup>2</sup>
	All four mornings	EUR	80/40 <sup>2</sup>
WORKSHOPS	Single Workshop	EUR	45/40 <sup>2</sup>
	Two or more workshops each	EUR	40/35 <sup>2</sup>
	Four or more workshops each	EUR	35/30 <sup>2</sup>
PACKAGES	2 x Mysore practice, 2 x Workshops	EUR	120/90 <sup>2</sup>
	3 x Mysore practice, 3 x Workshops	EUR	175/140 <sup>2</sup>
	All Mys. mornings plus 2 workshops	EUR	150/110 <sup>2</sup>
	All Mys. mornings plus 5 workshops	EUR	250/190 <sup>2</sup>

<sup>2</sup>for members at Ashtanga Yoga Shala or PYI

FOR REGISTRATION PLEASE EMAIL TO  
[kontakt@privateyogainstitute.de](mailto:kontakt@privateyogainstitute.de)

As the number of participants in the workshop is limited, places are reserved based on order of registration. Information will be placed on our webpage immediately should the workshop be sold out. **Registrations are only valid upon payment of the workshop fee**, which is to be transferred into our account **within 7 days of registration** or paid directly in the studio. Please note: Registrations are reserved upon acceptance of payment, however no written confirmation will follow. Cancellations are possible free of charge up to 6 weeks before the start date of the workshop. However, a charge of 25% of the workshop fee will be taken for cancellations up to 4 weeks before the course; 50% for up to 2 weeks. No reimbursement will be offered (also for cancellations based on medical conditions) after this time.

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ASHTANGA YOGA

SHALA FRANKFURT

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