



NATALE FERREIRA

THE ASHTANGA YOGA TRADITION & PHILOSOPHY

January 14, 2012 | South Bay

Saturday, 1:30-4:00pm | All Levels

Early \$40 | Day of \$50

Natale would like to share some of the clarity she gained regarding the ashtanga practice after her recent trip to Mysore, India. We will begin with a brief discussion on the underlying philosophy and wisdom of ashtanga and yoga in India in general. We will also talk about some of the difficulties experienced and of how to overcome these. We will continue with a led primary series practice. This workshop is intended for students who are already practitioners of ashtanga yoga.

Natale discovered yoga in London, England in the late 1990s, and in 2002 was inspired to leave everything behind to journey to India to devote herself completely to the practice and spend lengthy periods on retreat in the Himalaya. She lived in Asia for several years, studying and teaching yoga asana, meditation and pranayama in Nepal, India, Indonesia, Thailand and Taiwan. She is a registered, experienced teacher (E-RYT). She began teaching for YogaWorks in 2008 shortly after her arrival in LA. She returns to Asia for inspiration whenever she can.

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