



NATALE FERREIRA

INTRODUCTION TO ASHTANGA

February 4, 2012 | South Bay

Saturday 2:00-4:00pm | All Levels

Early \$25 | Day of \$35

If you have always wanted to try ashtanga but are too intimidated to enter a Mysore-style class, please come to this workshop. Truly anyone can practice ashtanga yoga...or according to Sharath Jois, anyone except lazy people! Natale will guide you through the beginnings of the primary series in an accessible way and will address any concerns you may have. By the end of the workshop you will feel comfortable to come to her daily morning Mysore (self-practice) classes.

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.

TO REGISTER, VISIT YOGAWORKS.COM OR CALL 310.664.6470 X125