



**YOGA STUDY** reflecting the teachings of  
T. Krishnamacharya & T.K.V. Desikachar

**Yoga Study – a holistic approach  
with Heather Robinson and Anna Sandle\***

**Apply soon!  
numbers limited**

Deepen your understanding of the principles of yoga and their holistic nature.  
Integrate practice with teachings from The Yoga Sutras of Patanjali and other texts.  
Appreciate why and how to adapt yoga to the individual.

**Appropriate for yoga teachers and experienced practitioners.**

Enjoy connection with like-minded peers and the fun of learning in a series of seminars, workshops, mentoring sessions, and home assignments.

**Module one – 2018 - *starting points, including asana***

Seminar: June 23-24 (12hrs) Workshop: August - Dates TBA (1 ½ days, 9 hrs)

**Module two – 2018/19 – *energetic connections, including pranayama***

Seminar: October 20 - 22 (Labour w/e, 15 hrs) Workshop: March Date TBA (6 hrs)

**Module three – 2019 – *the mind as ‘servant’, including concentration***

Seminar: June 1-3 (Queen’s Birthday w/e, 15 hrs) Workshop: August Date TBA (6 hrs)

**Module four – 2019/20 – *the fruits of practice, including meditation***

Seminar: October 26-28 (Labour w/e, 15 hrs) Workshop: March Date TBA (6 hrs)

**Cost for each module \$440, early bird (by 1<sup>st</sup> May 18) \$400  
some additional charges for supervision, mentoring**

\*Anna and Heather each have 25+ years of teaching yoga following these teachings.

**VENUE: YogaStudio181, Anzac House, 181 Willis Street, Wellington**  
**CONTACT: annasandle181@gmail.com 02102356558**