



EUROPEAN WORKSHOP & RETREAT DATES 2016 with KPJAYI Certified Philippa Asher

BRIGHTON

'Ashtanga Weekend'

Morning Guided Self-Practice & Afternoon Technique Workshops

Ditchling Village Hall
<http://ditchlingyoga.com>

2nd - 3rd July 2016
sophiemills77@hotmail.com

DORSET

'A Week of Ashtanga Yoga'

Daily guided Self-Practice, Sanskrit-counted led Primary & afternoon workshops

The Space, Dorset
www.yogaatthespace.com

11th - 16th July 2016
helen@yogaatthespace.com

LONDON

'Ashtanga Guided Self-Practice Intensive'

Triyoga Camden **25th July - 5th August 2016**
<https://www.triyoga.co.uk/book-courses-workshops?x=1&teacher=100000043>

LONDON

'Ashtanga Guided Self-Practice Intensive'

Stillpoint Yoga London, London Bridge
<http://www.stillpointyogalondon.com>

8th - 26th August 2016
info@stillpointyogalondon.com

LONDON

'Introduction to the Art of Adjusting Ashtanga Asana'

Triyoga Camden **27th & 28th August 2016**
<https://www.triyoga.co.uk/book-courses-workshops?x=1&teacher=100000043>

LONDON

'Ashtanga Yoga Day' Sanskrit-counted Primary class, chanting, pranayama, meditation, Philosophy, concepts of the Ashtanga method, asana technique, Q&A

Triyoga Camden **4th September 2016**
<https://www.triyoga.co.uk/book-courses-workshops?x=1&teacher=100000043>

GLASGOW

'Friday Evening Counted Primary Class & Saturday Guided Self-Practice'

Ashtanga Yoga Glasgow
<http://ashtangayogaglasgow.co.uk>

9th - 10th September 2016
morancath@gmail.com

SCOTTISH HIGHLANDS

'Ashtanga Yoga Retreat in the stunning Scottish Highlands'

ecoYoga Retreat Centre
<http://www.ecoyoga.org>

10th - 16th September 2016
admin@ecoyoga.org

CROATIA

'Ashtanga Yoga Retreat near the spectacular Croatian coast'

Barban-Orihi Retreat, Istria
<http://www.supersoul.yoga>

28th September - 5th October 2016
dejana@supersoulyoga.net

www.ashtangaphilippa.com
yoga@ashtangaphilippa.com