



Ashtanga Shala Roma

Ashtanga Yoga Workshop

with Stefania Caito authorized teacher KPJAIY - SYC

02/03/04 August 2024

c/o Dance Academy - Via Gentile 52/A (BARI – Puglia)

Schedule

Friday 02

8.00 am	Mysore Style Practice
9.30 am	Herbal Tea Break & Chanting – 30 min (Mysore and Beginners practitioners)
10.00 am	Beginners Practise

Saturday 03 :

8.00 am	Mysore Style Practice
9.45 / 11.00 am	Breakfast Buffett
09.30 am	Beginners Practise
11.00 am / 0.30 pm	In dept study (Mysore and Beginners practitioners)

Sunday 04:

8.00 am	Mysore Style Practice
9.30 am	Herbal Tea Break & Chanting – 30 min (Mysore and Beginners practitioners)
10.00 am	Beginners Practise

The start and end times of the practice may depends on the number of practitioners

You must bring your own mat and a large towel wich will be for the exclusive use of the teacher;

bring two if you sweat a lot.

Possibility of accomodation near the location Ask Stefania

Limitead Spots

Info Costs & Reservation: +39 347 108 48 18 (Stefania) stefaniacaito@gmail.com

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www.ashtangashalaroma.com