

# Ashtanga Vinyasa Yoga

5 week beginners course  
with Gina Moidinis

Starts Monday June 3rd

7.30-8.30pm

£45

This course is an introduction to **Ashtanga Vinyasa yoga**. This **dynamic** method of yoga involves **synchronizing the breath with a progressive series of postures**, a process producing intense internal heat and purifying sweat that detoxifies muscles and organs. The result is **improved circulation, a light and strong body, and a calm mind**.

**Throughout the 5 weeks the foundations of Ashtanga yoga will be taught.** You will learn some basic breathing techniques and how to combine this breathing with a set sequence of postures using the traditional counted method. Each week we will add new elements to the sequence, which will allow you to build your practice progressively and always at your own pace.

You will be encouraged to practice at home to help learn the sequence as we go along.

This course is **designed for complete beginners, as well as those with some experience**, who wish to properly ground themselves in the basics of this practice.

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#### About Gina:

After doing ballet for 12 years and then martial arts for a few, Gina fell in love with Ashtanga yoga from her first yoga class taught by Granville Cousins in Manchester in 2002. She practiced with him for the following 2 years. After leaving the UK for a few years, and practicing many different styles of yoga plus Pilates and contemporary dance, she always went back to her favourite style of Ashtanga. Since moving to East Grinstead she has found great inspiration from her teachers **Kirsten Germann** and **Scott Johnson** to complete a 200hr Teacher Training course with world renowned Ashtanga yoga teachers **John Scott** and **Lucy Crawford-Scott**.

**Price: £45 for the full 5 week course**  
(to be paid in advance)

Feel free to ask any questions.

**TO BOOK YOUR PLACE EMAIL:**

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