



YOGIS & YOGINIS WORKSHOP

INTRO TO ASHTANGA YOGA

Saturday, June 15 from 11:00 AM to 1:00 PM

Cost: \$60 In-Studio

In this workshop we will break down some of the foundational elements of Ashtanga Yoga. Ashtanga is a yoga practice created by K. Pattabhi Jois, consisting of a set series of asanas (physical postures). We will go through the opening and closing portions of the asana practice (including the mantras), talk about the breath, focus, and bandha components of the practice, and have time for questions. This workshop is great for anyone curious about the form or looking to deepen the practice in an intentional focused way.

About the Teachers:

ANNA VOMACKA & CARLOTTA SIRONI

Anna is a yoga teacher/practitioner and dance maker/performer based in Brooklyn. She began her formal yoga training with Iyengar teacher Genny Kapular when she was a teenager. In 2017 she began an Ashtanga practice under the direction of Eddie Stern. Anna completed her 200hour yoga teacher training under the direction of Sondra Loring of Sadhana Yoga in Hudson, NY in June of 2018.

Carlotta discovered yoga in 2005 when she moved to NY as a way to balance the city's fast-paced life. Jivamutki Yoga became her yoga home for several years until 2014, when she came across the Ashtanga method, which she has practiced ever since under the guidance of Barbara Verrochi and Kristin Leigh at The Shala Yoga. In 2018, she also traveled to Mysore, India, to study with Sharath R. Jois.

Her teaching journey sprouted from the desire to share the goodness of this practice with others since it has brought her so many benefits. She received her 200h and 300h teaching certifications from The Shala Yoga, and she is 500h RYT with Yoga Alliance. Her vinyasa classes focus on breath, alignment, and mindfulness. She works with students from all levels and believes in adapting the practice to be accessible to anyone.