

3 DAYS OF MYSORE WITH URSULA SCOTT

onsdag 19/7 - fredag 21/7 2017



Ursula Scott

Ursula is fascinated with Ashtanga yoga and how the breath refines the body in motion as well as the mind. Her sense of movement, breath and alignment has figured strongly in her own practise as with her teaching, where she has been able to integrate a creative sense of flow and breath.

Having graduated in contemporary dance from the Laban Centre London (2001).
Ursula's dance background has served her well in her own practise and in her teaching.

Having practised with Alexander Medin in London, Ursula travelled to Mysore to study under Sri KPattabi Jois and Sharath Jois in 2008 and continues to do so annually.
She was authorized to teach the Ashtanga yoga system by KPJAYI institute on October 2010 and went on to receive her Level 2 Authorization in February of 2011. During this time she assisted R. Sharath in his class at the KPJAYI institute..

Ursula has been teaching a daily Mysore program for three and a half years in Osaka Japan but is now teaching at Tri yoga in London.

Practise with Ursula in a small group of maximum 12 students at;

Lila Lotus yoga & massage at Birger Jarlsgatan 93, Stockholm

First starting time at 06.30

Price: 600:- (SEK) for 3 days or 250:- (SEK) per day

After confirmed registration payment should be made to bg:5494-5811 to confirm place

for more info/registration contact Cecilia; cecilia-olsson@hotmail.com

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WELCOME!

