



# Ashtanga

## Workshop Series

with Jennifer Pierotti, RYT 500, E-RYT 200

### **The Ashtanga Workshop Series:**

#### Ashtanga 101

Saturday, April 26, 1:00 – 4:00 pm, \$45

#### Deconstructing the Sun Salutations

Sunday, April 27, 2:00 – 5:00 pm, \$45

#### Ashtanga Fundamentals I

Saturday, May 3, 1:00 – 5:00 pm, \$60

#### Ashtanga Fundamentals II

Sunday, May 4, 1:00 – 5:00 pm, \$60

#### The Art of Ashtanga Adjustments

Saturday, May 17, 1:00 – 5:00 pm, \$60

#### Teaching Ashtanga Yoga

Saturday, May 24, 1:00 – 5:00 pm, \$60

**Reserve your spot today! Space is limited!  
Don't miss this opportunity!**

**Interested in apprenticing with Jennifer?**

**Please inquire with her via phone or email:**

**702-608-2168 or [jenniferpierotti@yahoo.com](mailto:jenniferpierotti@yahoo.com)**

Jennifer Pierotti learned the Ashtanga system during her in-depth training with Sonya Cottle for her 500 hour training at YogaWorks. Her energetic and interactive teaching style is inspiring, motivating and fun! Jennifer attends annual intensives to continue her education and training with YogaWorks founder Maty Ezraty. Under her skillful guidance, this training will give you a comprehensive education in this dynamic system of breath and movement. You will learn:

- The historical background and theory of Ashtanga Yoga
- The remarkable benefits of a regular Ashtanga practice
- An understanding of the components of the opening, closing and primary series
- How to teach modifications for the opening, closing and primary series, based on individual needs
- How to perform safe and effective hands-on adjustments

