



MARCH 5-9, 2019

## INTRO TO MYSORE-STYLE ASHTANGA YOGA WITH DAVID ROGERS

*ALL LEVELS WELCOME*

*Build a foundation for good health and peace of mind using the three pillars of Ashtanga Yoga: Breath, Posture and Gazing Point. Classes are open to beginning and experienced practitioners alike. Pick the class start time that fits your schedule - 7am, 8am or 9am - for as many days as you wish. Please email David by March 4th to confirm your desired schedule, or to ask questions: [david@simplysattvic.com](mailto:david@simplysattvic.com).*

*KPJAYI-AUTHORIZED TEACHER*

*David Rogers received his first yoga teaching certification in 2002, is Authorized by the Shree K. Pattabhi Jois Ashtanga Yoga Institute in India, and has been teaching in Southeast Asia since 2009. He has worked with students of all ages and ability levels, and strives to help every student cultivate stability and ease in their yoga practice. He enjoys working one-on-one with students in the Mysore-Style classroom.*

**CLASS START TIMES: 7AM, 8AM & 9AM**  
**PRICE: 40MR PER CLASS / 175MR FOR ALL FIVE DAYS**  
**EMAIL: [DAVID@SIMPLYSATTVIC.COM](mailto:DAVID@SIMPLYSATTVIC.COM)**

**Graciously Hosted by Sunalini Yoga @ 153C Hutton Lane  
Penang, Malaysia**