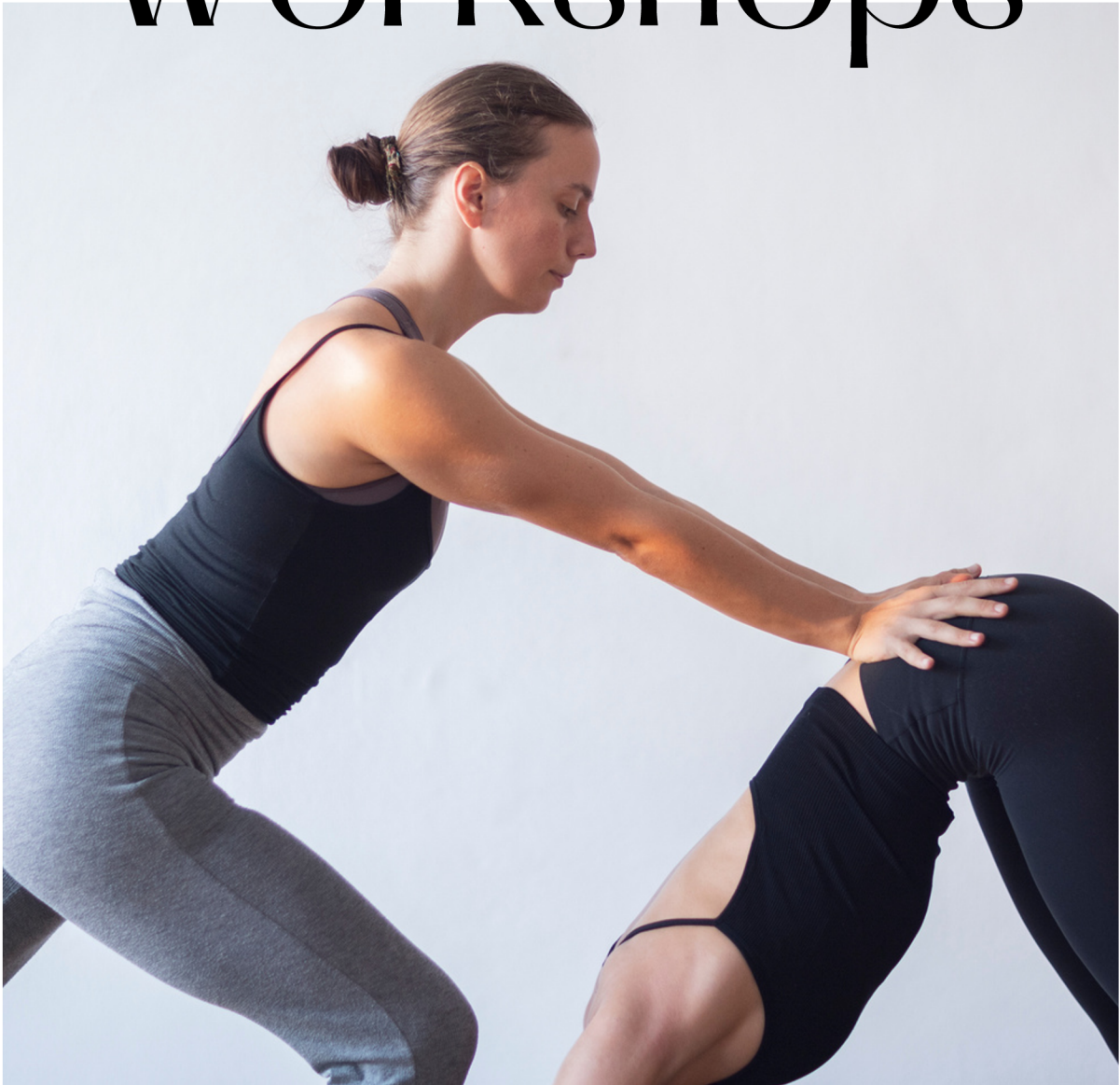


INGER YOGA

Ashtanga Yoga Workshops



CLASSES & WORKSHOPS

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Inger Yoga

INGER KRISTINE HAVÅG | AUTHORISED LEVEL 2 SYC

Inger has been practicing yoga for 10 years. Ashtanga has been her daily practice since 2017. Inger took her first trip to Mysore in 2018. In 2022 she received the blessing to teach the method by her teacher Sharath Jois (SYC authorisation level 2).

Since 2016, Inger have been teaching daily yoga classes. In addition to ashtanga, she has taught hatha, yin and vinyasa for years. She has a 200hr TTC in hatha yoga by Sofia Araujo. And a 200 hr TTC by Alexander Medin. From 2020 to 2022, Inger ran a yoga shala in her home town Ulsteinvik.

Inger is a dedicated practitioner and teacher of the ashtanga yoga method. She believes in ashtanga yoga as a transformative practice for body, mind and spirit.



Ashtanga Workshops

In this document you will find an overview of the classes and workshops I offer. You can combine these classes to a workshop or a course that suits your studio. If you are not sure of which classes to choose, don't hesitate to ask me. I will gladly help you set up a package that is suitable to your needs.

Here you will find varied options of classes, workshops, chanting, philosophy and more. The different classes work well as a combination for a weekend workshop, a course, or a mysore yoga practice week.

My intention is to share this practice that I have had the honour of learning traditionally from my guru. At the same time as tailoring the practice to each unique practitioners needs. The classes and workshops are for all levels. Beginners to experienced. All can practice ashtanga yoga - a practice for life.



How to use this document

In this document I present an overview of the classes and workshops that i offer. From this selection you can combine the classes to the package that is most suitable for you. Below you can see an example of this:

Ashtanga Yoga Weekend Workshop:

Friday

1800-2000

Ashtanga Basis

Saturday

0900-1030 Led Primary Series

1200-1400 Primary Series Workshop (part 1)

Søndag

0900-1100 Mysore Style

1200-1400 Primary Series Workshop (part 2)

You do not need to use all the classes in this document to create your workshop. Rather, choose the classes that suits your needs the best.



Ashtanga Workshops

1 Led Primary Series

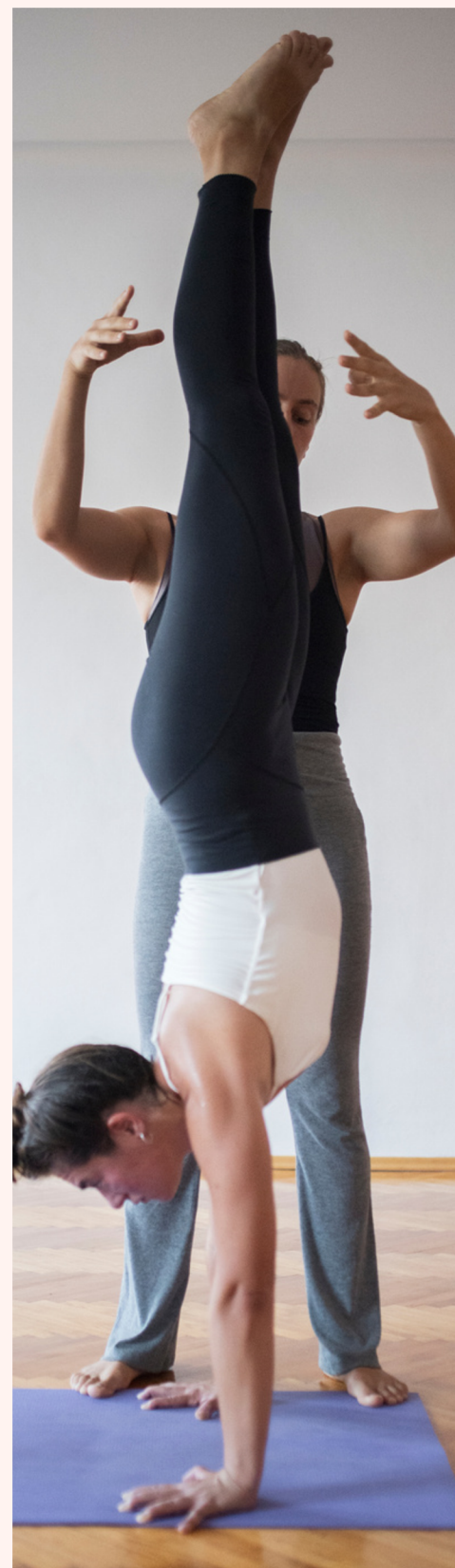
Classic Led Primary Series. Counted in sanskrit. We gather the energy in the group by doing a led class together. This class is perfect as a start or finish of a workshop. (can be made to half primary series if needed).

2 Mysore Style

The traditional way of teaching and learning ashtanga yoga. As taught in Mysore, India. Do your own ashtanga yoga practice, with individual guidance from the teacher. Suitable for all levels and experiences.

3 Ashtanga Basis

This workshop focuses on sun salutations and standing poses. We look at the poses that make up the foundation of this practice. This class is recommended if many in the group are completely new to ashtanga yoga.





4

First Series Workshop (part 1)

First part of primary series from utthita hasta padangustasana to navasana. We start with a talk to define the sequence that we are working with. We then take a look at technique and execution of key asanas in this part of the series.

5

First Series Workshop (part 2)

Second part of primary series from bhujapidasana to urdvha dhanurasana. We start with a talk to define the sequence that we are working with. We then take a look at technique and execution of key asanas in this part of the series.

6

Intro to Second Series

First part of intermediate series. Pasasana until Kapotasana. We start with a talk to define the part of the sequence that we are working with, Then we look at technique and execution of key poses in the sequence.

7

Backbends

Find surrender through backbends. From basic to more complex asanas. Backbends are about more than flexibility. These asanas teach us surrender and vulnerability. An inspiring workshop for all levels.



8 **Strength & Balance**

Explore your strength in this workshop. From basic excersises, to arm balances and weight transitions where you learn how to 'fly'. This is a fun and energetic workshop for all levels.

9 **Forward Fold & Twists**

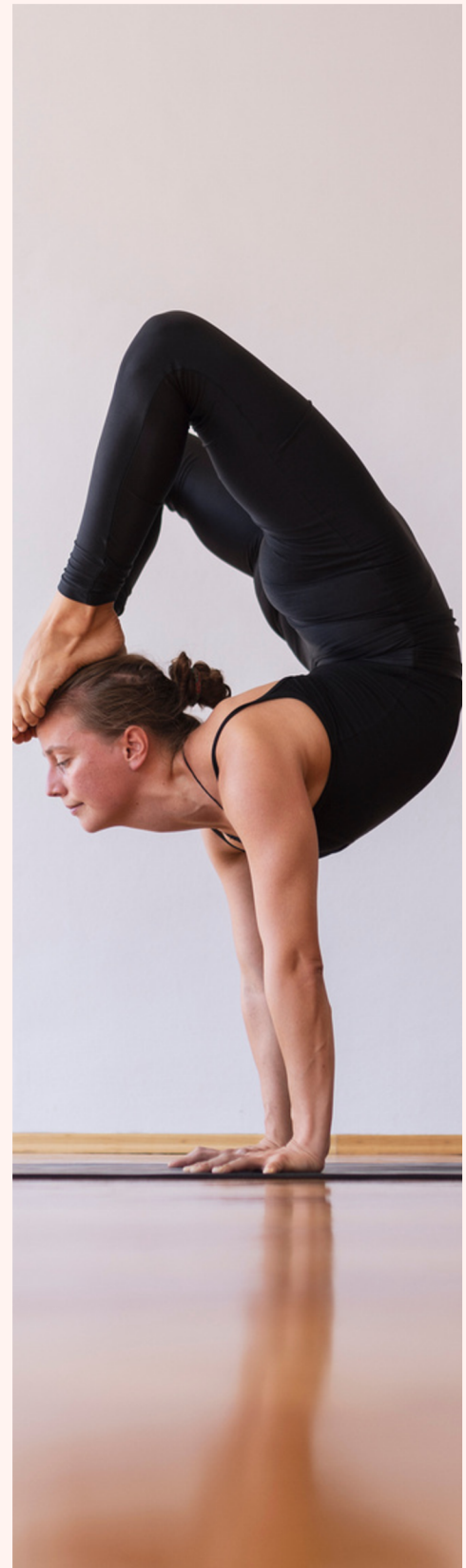
In this workshop we explore length and space in the spine. Through basic to more complex asanas. We break down technique and execution of forward folds and twists from the ashtanga yoga sequence.

10 **Hip Opening**

The hips are the seat of our emotions. We explore hip opening poses from ashtanga yoga in this workshop. Technique and exeection of simple to more complex asanas.

11 **Transitions**

Between each asana, we find transitions. Here we take a closer look at these transitions, and which techniques we can use to find more focus and flow between the poses.





12 Chanting and Meditation

Chanting is a central part of the yoga tradition. Here we take a look at basic indian yoga chants. As learned at SYC. We chant together, and look at translations of the texts.. We finish this session with a meditation.

13 Intro to Yoga Philosophy

An introduction to the philosophy of the ashtanga yoga practice. We base this session on the first part of Patanjalis Yoga Sutras. We get an understanding of how the sutras can support us in life, on and off the mat.

14 Tristana

Tristana is the foundation of our physical asana practice. In this workshop we take a closer look at breath, bandha and drishti. We break down this three part principle, and do excersises that increase awareness on tristana.

15 Dharma Talk

Inger shares her story in this dharma talk. Where she talks about how ashtanga yoga has been a transformative journey over the last 10 years. This talk is meant to inspire and uplift, through a sharing of yoga as a journey through life.

Contact

Please contact me if you have any further questions.

I'm looking forward to hearing from you.



inger

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