



"Do Your Practice and All is coming" -- Sri K. Pattabhi Jois

FUNDAMENTALS OF

ASHTANGA YOGA

► *For Beginners, Novice and Intermediate Yogis*

Primary Series (Yoga Chikitsa): a liberating and flowing series of classic Yoga poses (*Asana*), linked one to another by a breath-synchronized movement (*Vinyasa*)

STRETCH, SWEAT AND BREATHE WITH JACK!

Jack Fisher, 68, practices Ashtanga Yoga as taught by Sri K. Pattabhi Jois of Mysore, India. He has taught classes, workshops and private sessions on Maui since 1980, and has been practicing steadily since 1978

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*Sundays at 9:00 am
Tuesdays at 8:00 am
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