



ISHTA Yoga Workshop with Yogiraj Alan Finger from New York on August 6 - 7, 2010

AIRYOGA is especially pleased to welcome Alan Finger back to Zurich to teach three workshop sessions.

Alan Finger is a second generation yoga master and as founder of YogaWorks USA, Yogazone and the ISHTA Yoga System, has decidedly influenced the development of modern Yoga in the USA.

Alan Finger grew up in the ashram of his father Kavi Yogi Swarababda Mani Finger who was a student of Yogananda and Sivananda and founded the first yoga ashram in Africa. Many renowned yoga masters such as B.K.S. Iyengar and Shuddhanand Bharati, among others, stayed for weeks and months at the „Finger Ashram“ near Johannesburg/South Africa.

At the age of 15 Alan began to practice yoga daily. Since then, after almost 50 years of daily practice, Alan has founded three yoga schools, produced over 50 videos and DVDs, published four books, as well as trained thousands of teachers.

Alan's immense first-hand knowledge, his wonderful sense of humor and his almost supernatural graceful sensitivity transform his teaching into an unforgettable experience. Please find more information under www.ishtayoga.com

The ISHTA Yoga Workshop with Alan Finger will take place at AIRYOGA, Blumenstrasse 6, 80331 Munich on:

Friday, August 6, 2010 from 7:00 p.m. to 9:30 p.m.:

Tantra: Survival, Sex and Spirit

Saturday, August 7, 2010 from 8:00 a.m to 10:30 a.m.:

Introduction to ISHTA Yoga

Saturday, August 7, 2010 from 2:15 p.m. to 4:45 p.m.:

Ayurveda and Asana

Detailed outline under www.airyoga.com

Both sessions are recommended to yogapracitioners of all levels and traditions. Alan teaches in English.

Cost /three sessions: € 130

(Early bird booking & payment until July 23, 2010: € 110)

Cost per single session: € 50

(Early bird booking & payment until July 23, 2010: € 45)

Reservations please via e-mail to muenchen@airyoga.com.

Space is limited.