

Workshop

With Lucia Andrade
Certified Teacher by SYC

5 days Intensive Ashtanga Yoga Mysore style
& workshops

When: 10.-14.07.2024

Where: Huong Yoga Shala Frankfurt



Registration: huong@huongyoga.com

huongyoga.com



HUONG
Y.O.G.A

Workshop

SCHEDULE 10.-14.07.2024

Wednesday, 10.07.

06:00-10:00h Mysore

Price:

420,- / 370,- Euro*

Drop-in class (Mysore/Led)

1 class: 35,- Euro**

Thursday, 11.07.

06:00-10:00h Mysore

For members:

370,- / 330,- Euro*

Drop-in class (Mysore/Led)

1 class: 25,- Euro**

Friday, 12.07.

06:00-10:00h Mysore

Saturday, 13.07.

08:00-11:00h Mysore

12:00-14:00h Talk

14:00-14:30h Q&A

**Early bird discount until
18.04.2024*

*** Drop-in class
only on availability*

Sunday, 14.07.

8:30-10:00h Led Primary

11:00-13:00h Talk

13:00-14:00h Q&A and closing circle

**Places are limited!
Some have already been taken.**

Workshop

ABOUT LUCIA ANDRADE

Lucia Andrade began her Yoga journey at a very young age due to a medical recommendation, and it was at the university that she learned about the Ashtanga Yoga method, which she has practiced daily for more than two decades.

She graduated in Communication and Body Arts from the Catholic University of Sao Paulo in 2003.

She has studied Ashtanga Yoga with Sri K Pattabhi Jois and various authorized/ certified teachers (like Regina Ehlers and Rolf Naujokat). For almost two decades now, her teacher is paramaguru Sharath Jois. Lu is one of only a handful of certified teachers in the world, having received her teacher's blessing in 2014. Her mission is to transmit the teachings which transformed her own life in a pure and loving way.

She has taught in shalas in many different countries like Brazil, Mexico, Peru, Argentina, Chile, Germany, Holland, Spain, Portugal, Norway, India, Taiwan, Bali and others, sharing her experiences with the path of Yoga. She currently lives and teaches in Ibiza.

I am so happy that Lu accepted my invitation to come to Frankfurt, Germany and teach at the Huong Yoga shala, and that I can practice under her guidance again ❤️

If you love Ashtanga and want Lu to let her great energy transform your body, don't miss this opportunity!

