

Workshop

With Govinda Kai

4 day Intensive Ashtanga Yoga Mysore style & workshops

03.-06.12.2026

Huong Yoga Shala Frankfurt



Registration:
huong@huongyoga.com

huongyoga.com



HUONG
Y.O.G.A

Workshop

SCHEDULE

Thursday, 03.12.

18:00-20:00h Mysore
20:00-21:00h Chanting

Price:

420,-/ 370,- Euro*
Drop-in class (Mysore/Led)
1 class: 35,- Euro**

Friday, 04.12.

06:00-07:00h Chanting
07:00-08:30h Led Class

18:00-20:00h Mysore
20:00-21:00h Chanting

For members:
370,-/ 330,- Euro*
Drop-in class (Mysore)
1 class: 20,- Euro**

Saturday, 05.12. & Sunday, 06.12.

08:00-09:00h Chanting
09:00-12:00h Mysore

14:30-17:30h
Philosophy/Talk
Q&A and Chanting

**Special discount until
30.09.2026*

*** Drop-in class
only on availability*




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Workshop

ABOUT GOVINDA KAI

Govinda Kai is an experienced certified Ashtanga Yoga teacher. He has been practicing Ashtanga Yoga continuously since 1990, when he was introduced to the method. He has traveled to Mysore, India, many times during the past decades to study under the guidance of Pattabhi Jois.

This is an exceptional opportunity to practice with and learn from one of the most senior Ashtanga Yoga teachers in the world, and it is the third time that Govinda Kai offers his teachings at the Huong Yoga shala. Don't miss this unique experience!

