

**ASHTANGA.YOGA.INSPIRATION** is happy to present:

# **TRADITIONAL YOGA AS A SUPPORT IN THE SPIRITUAL JOURNEY**

**with Brigitte Khan**

**THE YOGA, AS TAUGHT BY SRI T.K. SRIBHASHYAM**

**01 - 02 June 2024 / 21 - 22 Sept 2024**

**MALAGA / SPAIN**



**YOGA IN THE TRADITION OF SRI T. KRISHNAMACHARYA**



## THE YOGA, AS TAUGHT BY SRI T.K. SRIBHASHYAM



Workshop in english /spanish

**Brigitte Khan has been studying Yoga and Indian Philosophy under the guidance of Sri T.K. Sribhashyam for nearly 20 years. SRI T.K. SRIBHASHYAM, who left this world in 2017, studied Yoga and Ayurveda from a very young age with his Father and Master SRI T. KRISHNAMACHARYA.**

**Traditional Yoga is a holistic approach involving our entire being on a physical, mental, emotional, and spiritual level. The tools are simple, yet powerful: our body, our breath, our power of concentration. We will look at how to use and combine these elements harmoniously to find access to our inner Self which is peace, joy and lasting happiness. The workshops can be booked separately.**

**COSTS per Workshop: 150 EUR / before May 1st: 120 EUR  
SCHEDULE: 9.00 -12.30 / 14.30 -18.00**

**VENUE:  
Hathayogamalaga**

**BOOKING:  
yogaandrea@web.de  
ashtanga-yoga-inspiration.com**

