



Please join us for a week of Mysore with Lino Miele, who will be visiting yogaview from his studio in Rome, Italy.

APRIL 20 - 23

LINO
MIELE

Schedule

Mysore Practice: *Registration before April 13*—\$50 per class or \$180 for all four days.
Registration after April 13—\$60 per class or \$240 for all four days.

Tuesday - Friday, April 20, 21, 22, 23: 6:15am-9:15am
(6:15am, 6:30am, etc. start times to be assigned)

Classes

Mysore Practice—This is an instructor-assisted self-practice class that allows each student to work at his or her own individual pace—the way it is taught in Mysore, India by Sri K. Pattabhi Jois. The advantages of this type of instruction are that students of all levels can practice together, and there is no need to “keep up” with the rest of the class. Students will start their practices on a rolling admittance basis with assigned practice intervals (e.g., 6:15 am group, 6:30 am group). ***Please have at least the Primary Series memorized.***

Lino Miele first became interested in yoga at the beginning of the 1980's. When travelling in India to further his understanding of the discipline he met Sri K. Pattabhi Jois his guide into a deeper understanding of Ashtanga Vinyasa Yoga. This philosophy continues to be the driving force all of Lino's actions. Devout student, after several years Lino, like only several few, was honoured with the Internationally recognised Certificate to teach Ashtanga Vinyasa Yoga.

Lino's deep understanding and awareness (consciousness) of the practice to awaken both the mind and body brought him in 1993, together with Sr. Pattabhi Jois to write and publish guidelines of the First and Intermediate Series of Ashtanga Vinyasa Yoga. In the same year, together with other devout students, Lino founded the Federation of Ashtanga Vinyasa Yoga centres and became the Vice President. Lino also started writing the second book on Ashtanga Vinyasa Yoga and published posters on the discipline.