

TEACHERS



Olle Bengtström has an athletic background and he competed for many years semi-professionally as a cyclist. He has a degree in Sports Pedagogy and Psychology. He has always had a very keen interest in the mental and meditative aspects of athletics and performance. This interest initiated his engagement with Ashtanga yoga in 1999.

He started teaching in 2002 and is now, together with his partner Lisa running AYSG, which opened its doors early in 2005. Lisa and Olle also have a son, Theo who was born that same year.

During his journey on the yoga path, Olle has had the great fortune to study directly under the supervision of Sri K Pattabhi Jois in Mysore, India. In Mysore he also met Dr M.A. Jayashree and Sri Narashiman and started 2006 his studies of the Yoga Sutras with them. This opened a gateway to the ancient wisdom, the very core of the Ashtanga system from which he draws tremendous inspiration and guidance. He regards Lino Miele his root teacher, and, has more recently found great inspiration from Richard Freeman.

Olle is dedicated to exploring the Ashtanga vinyasa method deeper as a meditative practice.



Mikko Seppinen started yoga in Helsinki, Finland in the early days of millennium. His first class challenged his physical and mental boundaries in an entirely new way, and he wanted to find out why.

More than a decade of daily exploration has introduced Mikko to physical, mental and geographical places he could have never imagined going, and as a result of several extended trips to Mysore, India, Mikko is authorized to teach by KPJAYI.

Over the years Mikko has studied in-depth with a number of renowned teachers, each of them playing an important role in revealing the many faces of yoga. Earlier, Mikko studied a university degree in social sciences, which he considers an important asset to understanding how our lives evolve and minds function.

Teaching since 2003, Mikko's goal is to inspire the passion for a joyful and intelligent practice, and to help students to be sincere rather than serious. His approach is simple, lighthearted and modern, yet breathing from the ancient spiritual roots of yoga. Mikko has experienced yoga as a tool of personal growth that is, despite some of the necessary struggles, as fun as it is transforming.

WWW.ASHANGA.SE
WWW.MIKKOSEPPINEN.COM

**12 STUDENTS.
2 TEACHERS.
MYSORE OLD SHALA STYLE.**

IN-DEPTH ASHTANGA WEEKEND WORKSHOP

IN GÖTEBORG, SWEDEN, MARCH 2-4 2012

WITH OLLE BENGTTSTRÖM AND MIKKO SEPPINEN

अपाने जुह्वति प्राणं प्राणे ऽपानं तथापरे ।

प्राणापानगती रुद्धा प्राणायामपरायणाः ॥४-२९॥

apāne juhvati prāṇam prāṇe 'pānam tathāpare ।
prāṇāpānagati ruddhvā prāṇāyāmaparāyaṇāḥ ॥4-29॥

"Having grasped the path of prana and apana, those devoted to pranayama pour, as a sacrifice, prana into apana, and apana into prana." Bhagavad Gita, Ch 4 v 29



TAKE YOUR PRACTICE INTO A NEW LEVEL

In the early days of modern Ashtanga yoga practice in Mysore, India, Sri K. Pattabhi Jois and Sharath taught in a tiny room in groups of maximum 12 students at a time. In this workshop you will experience the unique combination of two teachers and a small class.

Mikko and Olle are long time friends, both breathing from the same yoga source. Their paths met in the early days of the millennium, in a dawn of a deeper immersion into the Ashtanga practice under the guidance of Lino Miele and later Pattabhi Jois.

This workshop merges together their experience and exploration of diverse directions. The weekend is a crystallization of friendship, dedication and richness of the Ashtanga tradition – an exclusive opportunity to take your practice into a new level.

In order to nurture personal growth and deep learning, we will work to break down old patterns in order to build up a new kind of awareness of key concepts of the practice. In addition to Mysore style sessions, the weekend includes in-depth workshops offering a variety of different perspectives to promote and support the practice and exploration of Ashtanga Yoga and life, on and off the mat.

SCHEDULE

Friday March 2nd

18–20 Breath

Pattabhi Jois used to say 'Ashtanga Yoga practice is a breathing practice, the rest is just bending'. Breathing is the most vital process of the body and at the very heart of Ashtanga yoga. It is the door between our body and mind, conscious and unconscious, and a portal to meditation. Our starting session will offer an introduction to the subtle world of prana and apana, and thus set the foundation for the entire weekend.

Saturday March 3rd

7.30–10 Day opening / In-depth guided sequence with special focus on bandhas in relation to apana and prana / Mysore practice.

We will start the day with a short intention setting, followed by a guided in-depth asana practice with special focus on the bandhas. Bandhas are basic yoga techniques that require some physical action and a lot of mental concentration. To help us understand how to direct energy intelligently and find healthy alignment, we will break down the subtle elements of bandhas and explore the concepts of prana and apana within the context of asana. After guided sequence the practice continues Mysore style.

15–17 Finishing sequence and guided relaxation

The finishing sequence rounds off each and every Ashtanga practice. It includes the "king" and "queen" of the yoga poses, and is considered to be the main therapeutic and restorative sequence of the entire practice. In this workshop we will take a closer look at what does this all mean, and explore how to gain the maximum benefit from this highly important sequence.

18–20 Food, discussion and Q&A.

We will get together to share, interact, inspire and to be inspired. We will create a space for questions, answers and a memorable early evening. And the food is going to be tasty!

Sunday March 4th

7.30–10 Day opening / Pranayama / In-depth guided sequence, Mysore practice

Pranayama is a practice of controlling one's energy, pranic current, by controlling the breath. We'll start the Sunday morning with basic pranayama practices, followed by an in-depth guided sequence, which continues with the Mysore style.

12.30–14.00 Meditation

In yoga sutras Patanjali described how the eight-fold path of yoga leads to meditation. In the final session of the workshop we'll take the lessons from the weekend into a sitting practice. Our aim is to create a steady asana, "seat" and explore the balancing of opposite forces in the context of dhyana.



Location: Ashtanga Yoga Shala Göteborg

Registration and information: www.ashtanga.se, info@ashtanga.se

Price: 1.500 SEK.

Please note: Participants should have a regular practice of Ashtanga Yoga. The course is not designed to teach the sequence but rather to deepen an existing practice. Group is limited to 12 students and it's filled up at a "first come, first serve" basis.