

# ASHTANGA YOGA SMALL GROUP TUITION WITH FIONA PULLEN



## PRACTICE REFINEMENT



## Would you like to spend private time reviewing your practice?

Would you like to introduce a friend or family member to the practice? Do you have an injury or restriction that you would like to work through?

Fiona will be offering small group tuition in 2016. These classes are limited to 6 students to provide this assistance or to focus on questions or queries around your personal practice of Ashtanga Yoga.

### FIONA PULLEN

Fiona is the Founder and Director of Ashtanga Yoga Space, in Surry Hills and Avalon, and has been practicing Ashtanga Yoga for 25 years.

Fiona is a Registered Senior teacher with Yoga Australia. She is one of only a handful of teachers in Australasia that have been directly authorised to teach the method of Ashtanga Yoga at this level through the Shri. K Pattabhi Jois Yoga Institute in Mysore, India.

Fiona runs Ashtanga yoga guided classes and Mysore-style classes in Avalon and Surry Hills. In 2016 she will be launching a Yoga Mentoring program for yoga teachers.

She runs retreats and workshops and teaches yoga and mindfulness classes for various schools and corporate groups.

#### Dates - 2016

Wednesday 17th February  
Wednesday 11th May  
Wednesday 1st June  
Wednesday 17th August  
Wednesday 19th October  
Wednesday 9th November

#### Time

11.30am - 3pm

#### Cost

\$200 per person

#### Daily Schedule

11.30am

1pm - 1.30pm

1.30pm - 3pm

Arrival & Asana Practice  
Lunch  
Personal Instruction  
& Practice Planning

#### Booking

On application Fiona will arrange to speak/skype with you to discuss areas of focus for the day. These could be injury / pain management, restriction or practice challenges and plans for developing a consistent practice. Fiona will design each days' program around the individual needs of those attending each session.

For more information, email: [fiona@ashtangayogaspacespace.com.au](mailto:fiona@ashtangayogaspacespace.com.au)