

ASHTANGA YOGA & THERAPEUTIC WORK

with Bryce Delbridge

- Experience the brilliant knowledge of Bryce Delbridge from Oklahoma!
- Practice Ashtanga Yoga Mysore Style in the morning & understand and heal your spine and hips in the afternoon workshops.
- Don't miss this unique opportunity on Bryce's first visit in Germany during his Europe Tour.

About Bryce:

Through a dedicated and innovative practice of Ashtanga Yoga & Yoga Therapy, Bryce was able to overcome a severe case of adolescent scoliosis, avoid a total spinal fusion, and finally become pain free. Through this experience, Bryce has developed a unique insight into the use of Vinyasa Yoga as a deep healing modality. Interweaving asana; full body & hand mudra; pranayama; chakra, vayu & kosha awareness; prana vidya & visualizations; self massage; muscle isolations; somatics; deep relaxation & yoga nidra. Bryce can assist in safely and effectively addressing injuries while taking your practice to the next level. No Ashtanga or yoga experience is necessary. Beginners, as well as individuals suffering from pain or repetitive use injuries, are highly encouraged.



Friday, 28. September

17.00 - 19.30 Master Class: All level in depth practice, interweaving many facets of healing yoga practices. This practice will include Asana, Mudra, Pranayama, Visualization, Self Massage, Somatics, Muscle Activation, Deep Relaxation & Meditation

20.00 FREE MOVIE: Mysore Yoga Traditions (by Andrew Eppler & his crew). In the Asthanga world this movie about the evolution of the yoga community of Krishnamacharya in Mysore, India, is well known. Bryce was part of the crew who made this documentary. Let's watch it together, we provide self-made vegan supersnacks!

Saturday, 29. September

9.00 - 11.30 Mysore Practice *

13.30 - 18.00 Workshop: Healing Hips: Exploring how to open, stretch, strengthen, stabilise & heal the muscles that make up the pelvis, hip socket & the upper legs. Want to open your hips? Do you have tight hamstrings? Do you have injuries in your legs? Do you feel tension & limited range of movement? Are your hips in pain? This workshop will help you to understand your lower body and empower

you with tools to gradually open, balance and heal your hips. You will learn how to establish a safe practice without any injuries.

Sunday, 30. September

9.00 - 11.30 Mysore Practice *

13.30 - 18.00 Workshop: Strong Supple Spine: The spine is the innermost core of the body and basis for an optimally functioning of the body. Focus in this workshop is unlocking the spine's potential to move & support the healthy functions of the body. This is true core work that utilises twist, forward- & backbends to address the deepest layers of tissue. The workshop will help you understand your spine, give you tools for supporting its health. For students with spinal pain this workshop is highly recommended.

Monday, 1. October

7.00 - 9.00 Mysore Practice *

Private Lessons with Bryce: Private classes can be 30min, 1 hour, 1.5 hours or more depending on the individual's needs. Prices are on a sliding scale depending on the individual's income.

* **Mysore Practice:** All Levels self practice; moving and breathing at your own pace; this is where the rubber meets the road. In here, there is no right or wrong sequence; complete & total open format; all traditions are welcome. From the super advanced to the total beginner, Bryce will be working individually to help you work through any obstacle in your practice; physical, postural, breath/energy, emotional, spiritual etc; he will be here to help you create a customised practice for your needs.

Prices

Practice (Mysore or Master Class): 25 € each
Workshops: 55 € each

Full Package (all courses on Fr., Sat., Sun. & Mo.): 180 €

Privat Lessons: on request

Further information and registration:



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