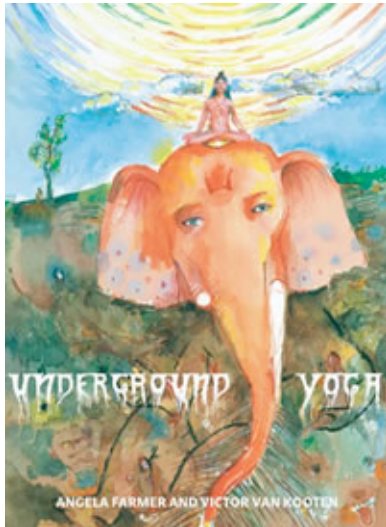




Presents:

**Dates :**

Friday November 15, 2013
 Saturday November 16, 2013
 Sunday November 17, 2013

Times :

7:00 -9:00 PM
 10:00 - 1:00 PM & 3:00 - 5:00 PM
 10:00 - 1:00 PM & 3:00 - 5:00 PM



Underground Yoga

with **Victor van Kooten** - International Master Yoga Teacher

November 15-17, 2013

"Yoga is the deep connection that enables you to leave the 'sameness' of living far behind and sing your song..." - Victor van Kooten

Join Victor to explore breath as the connective tissue between body and soul. Through an awakening of deeper levels of perception, we can have a sensory experience of our own lungs, arteries, and nerves. Though breath is the central theme, we will move through postures and sit in quiet meditation as well. These practices will focus on creating lines of awareness from one part of the body to another, keeping certain areas still while freeing the adjacent area. By gaining an ability to move every body part independently of the other and see their connection to the whole, a new level of freedom may be experienced.

Victor van Kooten, has practiced Yoga since 1966 when he began classes with renowned teacher, Donna Holleman. Victor then studied with B.K.S. Iyengar and became one of Mr. Iyengar's most senior teachers known for his particular skill in giving imaginative and profoundly insightful adjustments to students. While in Poona, India, Victor became partially paralyzed, and out of his recovery grew his fascination and passion for understanding the energy body. Since 1984, Victor has traveled and taught with his partner, Angela Farmer, sharing their unique visions of how energy naturally flows through the body. By articulating their own vision, they inspire confidence in their students to look inside and move according to their own unique way of moving. Out of these experiences, Victor has created four books in his series From Inside Out, the most recent one subtitled Living Breath.

Victor's 4 books will be available for sale & a book signing will conclude each day. This seminar can be applied to RYT (Registered Yoga Teacher) Continuing Education recognized by the Yoga Alliance.

limited enrollment. Please register now!

Fri. Nov. 15 7:00- 9:00 PM Introduction
Sat Nov. 16 10:00- 1:00 PM & 3:00- 5:00 PM
Sun. Nov. 17 10:00- 1:00 PM & 3:00- 5:00 PM

Tuition- for the entire course: \$275 (\$225 by Oct. 12)

Partial attendance accepted if space available

* \$45.00 for each two hour session

* \$60.00 for each three hour session

*** We encourage attending the whole course or, at least, multiple classes to better assimilate Victor's work.**

Out of town students-

We are happy to send a list of local hotels. A small number of our students will welcome a house guest.

Location – Metro Rochester, NY area - TBA

Information - (585) 223-4290 or e-mail: mark@absoluteyoga.org

Save your place! Send To:

ABSOLUTE yoga & wellness (585) 223-4290
20 Falling Brook Rd. Fairport, NY 14450-8956 ←(Mailing address only)

Register me (with included payment) in the 2013 Underground Yoga with Victor Van Kooten

Enclosed Tuition: _____ Check: _____ VISA/MC Credit Card #: _____ Ex. Date: _____

Complete seminar _____ Day _____ Time _____ & _____
Day _____ Time _____ & _____

Name _____ Address _____

City _____ Zip _____ - _____ e-mail _____

Phone-Day _____ Eve. _____

Yoga Teacher _____ Yoga Student _____ Travel info. _____ Hotel info. _____