

# Ashtanga yoga intensive with Peter Sanson

September 6 – 10, 2023



On behalf of **Bay Sangha**, our local Ashtanga yoga community, I would like to invite you to 5 day Mysore intensive with an incredible teacher Peter Sanson, who has been part of our extended community for a long time.

All students from absolute beginners to advanced practitioners are welcome!

Peter has devoted his life to the practice and teaching of yoga. For over 20 years he was a dedicated student of late K. Pattabhi Jois. He is one of the few Certified Teachers in the world. But foremost, Peter is a very kind, warm and humble person, and a very wise and compassionate teacher who is able to meet every student on their level. Peter views each student as unique and approaches the teaching of Ashtanga as a form of physical therapy.

Join us for this rare opportunity to practice with Peter who travels all the way from New Zealand to be here with us. Together with Ashtanga Yoga Berkeley we are excited to host him in the SF Bay Area for his 2023 visit.

For more information on registration for Ashtanga Yoga Berkeley please contact Vance at (510) 301 6747 [Ashtanga Yoga Berkeley](https://www.ashtangayoga.com/) .

More about Peter: [www.petersanson.nz](http://www.petersanson.nz)

## Dates:

September 6 - 10, 2023  
(Wed – Sun)

## Location:

6, 7, 8 & 10: Pacific Ballet,  
295 Polaris Ave. Mountain View  
9: Victoria's Ballet,  
370 California Ave (back door),  
Palo Alto

## Conference/talk:

Sunday the 9<sup>th</sup>, after practice,  
around 11am

## Time:

Start time 6:30, 7:30, 8:30 (will  
be assigned after completion of  
the registration), the door will  
be open at 6am

## Cost:

210\$ for all 5 days  
Drop-in 45\$

## Payment:

Venmo [@Beata-Skrzypacz](https://venmo.com/Beata-Skrzypacz),  
Paypal [@BeataYoga](https://www.paypal.com/BeataYoga)

Please make a note for what  
days.

If check please contact Beata  
for address.

## Registration:

Please fill out the [form](#)

Pre-registration is required.  
Payment in full will hold your  
space.

## Contact:

Beata Skrzypacz at  
[beata.s@mac.com](mailto:beata.s@mac.com)  
(650) 799 3051