

Ashtanga Yoga, Mysore Style, Meditation, Pranayama & Philosophy
3-day Workshop with KIA NADDERMIER
Brussels, BELGIUM February 9-11th 2024

ILLUMINATING OUR INNER SHALA

Kia weaves an embodied approach to *Ashtanga Yoga* with classical *Pranayama* (in the *Kaivalyadham*-lineage), *Buddhist Mindfulness Meditation* and *Compassion Practices*. During the weekend we immerse into these somatic teachings as vehicles of insight, inviting us to awaken to presence through the wisdom of our body. Again and again we return to the pathways of our breath and the generosity of our heart to illuminate our *Inner Shala*, our *True Refuge*. This entrustment to the sanctuary of our body and breath creates a deep sense of belonging and compassion that reaches far beyond our yoga mat.

When we pause from the momentum of life, we begin to breed an inner sanctuary, a calm resting place from where we can experience life more fully. This ability to abide in our own awakened heart is what we might call our Inner Shala.

– **Kia Naddermier**

Kia Naddermier has been a devoted practitioner for almost 30 years. She is the founder of [Mysore Yoga Paris](#) – a global yoga community dedicated to an embodied, wholistic approach to practice. Kia's teachings integrate her profound knowledge of the philosophy and practice of all aspects of yoga – Asana, subtle and physical anatomy, Meditation, Kriyas, Pranayama. She is one of the first – and very few – Pranayama teachers to be certified at the highest level within the *Kaivalyadham* lineage. Being a dedicated Dharma practitioner, her teaching draws extensively from both Yogic and Buddhist traditions.

Kia shares her wisdom and understanding with authenticity, clarity and generosity, making ancient teachings relevant in our daily lives as a means for spiritual growth and inner healing. Her deep love and years of dedication to all aspects of practice shine through in her insightful, inspirational and compassionate teaching. Practitioners return year after year to benefit from the continuous evolution of her research, practice and teaching.

She is the co-creator of the much appreciated podcast [Mysore Yoga Paris - Closer Together](#) offering free practice resources available for all.



WORKSHOP PROGRAM :

All levels welcome but you need to be able to practice Mysore Style Self-Practice.

The adress of the Workshop's Studio : For lunch time, it's very well located near "La Chasse"
Emergences

**54, rue des Cultivateurs
1040 Bruxelles**

Friday 09/02 evening - 17:30 – 20:30 (3hrs)

An Embodied Approach to Ashtanga Yoga – Practice, Principles & Philosophy

In this 3-hour masterclass, Kia shares her research and insights for developing a deeper experience of Ashtanga Yoga as a pathway to wholeness and insight.

Refining our internal awareness will be the ground for our inquiry into the inner and outer form of practice. We will journey through a mindfully crafted practice with an explorative mindset, looking at common principles and patterns to help cultivate a fully embodied experience rooted in yogic teachings.

This offers us the agency, understanding and skills to align our yoga practice to changing conditions, individual aims and anatomical constitution. It is an approach that yields exceptional rewards as it moves the practitioner towards self-reliance, self-compassion and self-realisation. This profoundly comprehensive session will open up new dimensions in your practice that we will continue to explore and expand on in the Mysore sessions that follow.

Saturday 10/02 & Sunday 11/02 morning - 08:30 – 11:30 (3hrs)

Meditation & Mysore Practice

We open our mornings with a guided meditation to align body, heart and mind.

Kia will take us through the first postures to expand and refine our application of the teachings offered in the Master Class, before continuing into self practice. These sessions allow for your personal practice process to unfold, while receiving individual guidance from Kia to further deepen your experience.

With a sincere dedication to the growth and development of her students, she offers an inclusive, safe and inspiring space open for personal exploration, inquiry and transformation.

Saturday 10/02 afternoon - 13:30 – 15:30 (2hrs)

Pranayama - practice and philosophy.

Drawing from traditional Yogic and Buddhist teachings, Kia shares reflections and insights, and guides us through classical Pranayamas in the lineage of Kaivalyadham. We deepen our appreciation for the subtleties of breath and its significance in yogic practices and philosophy.

New students are mindfully introduced to traditional Pranayama, whilst those with more experience refine and expand their practice and understanding.

Sunday 11/02 afternoon - 13:30 – 15:30 (2hrs)

Satsang means exploring truth in the gathering of ones spiritual community, Sangha. This last session of the weekend workshop, Kia will guide us through a healing Pranayama or Meditation practice as well as offer space for *Satsang* – discussion and inquiries around the practice and philosophy of yoga.

Saturday evening, If you like, I invite you to meet in Anjali Shala to share the meal together. Everyone brings something to eat and/or drink and we set up a nice buffet table. It will be an

opportunity to meet and get to know each other better.

Rdv at 7.00 p.m. in Anjali Shala:

215 rue de la Victoire - 1060 Brussels / Saint-Gilles

Trams 81, 92, 97 - "Janson" stop

Bus from Ch. De Waterloo - "Ma Campagne" stop

Bus 54 - "Trinité" stop

Bike arches in front of the house.

Conditions:

The cost of the complete workshop is: €250

Kia would like us to register for the entire workshop. Please contact me if you have any special requests.

For cancellations before December 9: 50% refund and before January 9: 30%. After this date there is no refund, but you can propose someone to replace you.

To confirm your attendance, please transfer €250 to the following account, mentioning "workshop with Kia 2024" followed by your name:

IBAN BE28 0018 3592 1020

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Important: if you need to enter an invoice, please contact me **before any payment** so that I can explain the different procedure to you.

When registering, please also give me your contact details and mobile number.

