



Dear Vijnanis,

At the end of the long summer retreat, we discussed the possibility of some of you joining my Tuesday Morning Classes.

In these classes we fine tune the various cycles and also practice more advanced poses. In case you decide to join, since you will be participating via zoom, please remember that 'practicing from inside' is the golden rule. Do only what, feels right for you.

I want to remind you that these are 'live' classes so this is not the usual zoom format. I will teach in Hebrew and in English, and at times you will not see me as I will correct students in the room.

The positive side is that this class is ongoing and you will be connected to live practice and teaching during the whole year. If you have doubts that these classes are suitable for you, please check with me.

Best wishes,

Orit

You will also receive a link to the recording of the class. The classes will be available online till September 2024.

18 Classes, November 2023 to June 2024

Time: Tuesdays 9:45- 13:00 Israel time

Dates:

2023:	November:	Tuesday:	13, 21, 28
	December:	Tuesday:	5, 12, 19, 26
2024:	January:	Tuesday:	9, 16, 23, 30
	February:	Tuesday:	No classes
	March:	Tuesday:	No classes
	April:	Tuesday:	30
	May:	Tuesday:	7, 21, 28
	June:	Tuesday:	4, 18, 25

Tuition Fee: 600 euros (33,- euros a class)

You can attend the classes only if you are willing to participate in the whole course.

To register please contact Justin Gosker: vijnanasummerretreat@gmail.com

You will receive fee transfer information when you register. When the course fee is paid you will receive the Zoom invitation.