

Ashtanga Yoga with Inke Shenar

WELCOME

I am excited for you to practice with me!

Please have a look at the information below before your first class:

- Schedule your first practice by sending me an email at: inke@shenar.de
- If you are a beginner, please book a beginner's course. You are welcome to email me.
- If you are already a regular practitioner of Ashtanga Yoga, you can arrive at any time within [schedule](#)
- I will be able to teach you individually within the group setting according to your capacity and specific needs
- I advise you to reserve at least 1 hour and 30 minutes so you can fully enjoy your first experience
- Please let me know before the beginning of class whether you will be doing a Drop-In, Trial Month or would like to sign up for a contract
- If you would like to book a private lesson, please email: inke@shenar.de.

HOW ASHTANGA WORKS

You are taught the breathing technique and postures gradually and each student develops his/her practice at an individual pace.

Over time, you will achieve greater awareness of your body and breathing patterns and transform your practice into a moving meditation with benefits far beyond the postures.

PREPARATION AND LOGISTICS

- We have rental yoga mats available at our studio
- Please bring comfortable sportswear that does not restrict movement.
- Prepare to sweat – we advise you bring a small/medium towel.
- Avoid eating 2 to 3 hours before practice
- If yoga is new to you, try to commit to at least 2 practice sessions per week to fully understand the style and reap the benefits.
- Payment: Please pay either cash or by bank transfer before the beginning of class. Ask for bank details.

PRICES

Hamburgers

€ 25 Drop-in Class

€ 99 Trial Month (established practice)

€ 160 Ashtanga Beginner's Option

€ 99 Unlimited Monthly Membership Contract

Visitors to Hamburg with established practice

€ 15 Drop-in Class

€ 99 Monthly Pass

LOCATION

We are located at the Iyengar Yoga Studio, Grindelallee 89, (Backyard) 20146 Hamburg.
Just ring the door.

The closest stations are Dammtor (S11, 21); Hoheluft (U3); Stephansplatz (U1); Busstation Grindelhof (5)
Please feel free to call Inke at +49 176 2285 9075 and we will happily answer any questions you might have.

We hope to see you very soon at Ashtanga Yoga Sternschanze mit Inke Shenar.