

Dario Calvaruso
Navakaraṇa Vinyāsa



WORKSHOPS [2018 - AST-HK]

Navakaraṇa Vinyāsa Krama Maṇḍala [12 days, 90min Morning Intensive]

8th-20th January, 06:45 - 08:15 am

Navakaraṇa Vinyāsa Immersion Workshop [12hrs]

3rd-4th February, 09:00 am - 4:00 pm

Navakaraṇa Vinyāsa Krama Maṇḍala [12 days, 90min Morning Intensive]

4th-16th June, 06:45 - 08:15 am

TEACHER TRAINING PROGRAMMES [2018 - AST-HK]

Navakaraṇa Vinyāsa Hṛdayam Module 1 [108hrs]

Part I [54hrs]: 29th March-3rd April, 09:00 am - 6:00 pm

Part II [54hrs]: 3rd May-8th May, 09:00 am - 6:00 pm

Navakaraṇa Vinyāsa Hṛdayam Module 2 [108hrs]

Part I [54hrs]: 11th-16th September, 09:00 am - 6:00 pm

Part II [54hrs]: 16th-21st October, 09:00 am - 6:00 pm

Location: Pure Yoga, Asia Standard Tower, Hong Kong.

For enquiries, please email dario.calvaruso@pure-yoga.com and events@pure-yoga.com or call +852 3691

3842. Please register at Pure Yoga Asia Standard Tower's reception.