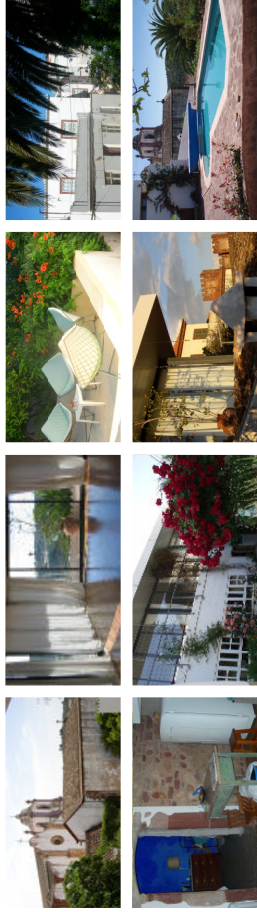


yoga studio

# Asana

Vijnana yoga

**Summer Yoga WORKSHOP SILVES**  
**Autumn Yoga WORKSHOP SILVES**



**Silves**, where the workshop is taking place is a small city (capital of the Algarve until the 17th century) 1.1 km from the coast. Away from the tourists who come for the most known beaches, Silves is very calm and friendly. In former times a very important city the historical proof is the castle and its wall around the city, the Arab cistern, the cathedral, a former mosque, and the permanent activity of archaeologists who never stop digging to find remains of the Phoenicians, Arabs, Egyptians and Romans.

In and around Silves there are many places to visit, like a former watermill, or Monchique known for the huge eucalyptus trees and the water springs, or a boat trip descending the river to the sea. In the afternoon you can enjoy the beauty of the city, its surroundings, and of course several beaches. We advise you to rent and share a car if you are planning any of these trips.

**Accommodation:**

It is possible to rent a house and share it with other people. You can also reserve a hotel room or a pension. The prices vary from € 30,- to € 60,- per day. For any of these possibilities contact as soon as possible.

**The yoga studio:**

Tucked behind the walls of the village, overlooking Silves and beyond to the valley, the atmosphere in the Studio is secluded and at the same time spacious and open.

**Costs** for tuition €300,-

**Address:** Teresa Caldas Rua da Misericordia 2 - Silves Portugal  
Tel: 00351 282445070 in Silves or 020 4222393 in Amsterdam  
Mobil PT 00351916621310 Mobil NL 0031622416718

teresa@studioasana.com



yoga studio

# Asana

Vijnana yoga

**13 till 19 JULY 2008**  
**9 till 15 NOVEMBER 2008**



**Teresa Caldas** has been teaching yoga for the last 20 years. Initially graduated from the B.K.S. Iyengar Institute in Amsterdam she traveled to India to study with Mr. Iyengar. Later she accomplished the 4 Year European Yoga Teacher Training Course with Dona Holleman en Orit Sen-Gupta. Since 1995 she has her own Yoga School in the center of Amsterdam where she gives daily lessons, workshops, medical guidance and private tuition. For the last 10 years she forms yoga teachers in a 3 year Teacher Training Course. At the moment these students are teaching yoga in 8 different countries.

**The yoga** we practice derives from Sri Krishnamacharya, the great and respected teacher of Pattabhi Jois, B.K.S. Iyengar and T.K.V. Desicachar. It consists of meditation (the central element for the development of consciousness); alignment and the harmony of the body and breath, using the vital principals developed out of the yoga practice by Dona Holleman and Orit Sen-Gupta; and the study of classical yoga related texts, for a better understanding of our practice.

**Daily practice:**

09.00/11.00 Meditation, vayus, kriyas, and pranayamas  
11.15/13.00 Asana  
18.00/19.00 Asana  
19.00/20.00 Study

Droogbak 1.1

1013 GG Amsterdam

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www.studioasana.com



**Vijnana** is the name that gives recognition to something that has always been there, at the core of our discipline: practice, feeling, understanding - from inside.