

# Introduction to Asahi – Nordic Mind-Body Movement

## Hybrid 4-Part Series

Tuesday, November 14<sup>th</sup> – December 5<sup>th</sup> 6-6:45 PM

Series Content Available Until December 12<sup>th</sup>



### What is ASAHI?

Asahi Nordic Method is a universal form of physical exercise that can be practiced by people of all ages and in all states of health. It is a very simple, but comprehensive and efficient exercise routine, which helps people improve their health and quality of life.

### What will you experience during this 4-Week Series?

#### • Week 1 – Tuesday, November 14<sup>th</sup>

We will briefly discuss the history and principles of ASAHI. We will practice all of Series 1.

#### • Week 2 – Tuesday, November 21<sup>st</sup>

We will continue practice of Series 1 noting the principles as we practice along with an introduction to a couple of series 2 movements.

#### • Week 3 – Tuesday, November 28<sup>th</sup>

Along with a continuation of practice, we will also learn a few alternative ways to do things in a sitting or prone position for those in recovery or with issues standing or sitting.

#### • Week 4 – Tuesday, December 5<sup>th</sup>

We will master Series 1 and some of series 2. We can discuss any questions anyone may have and take a brief peak into Series 3!

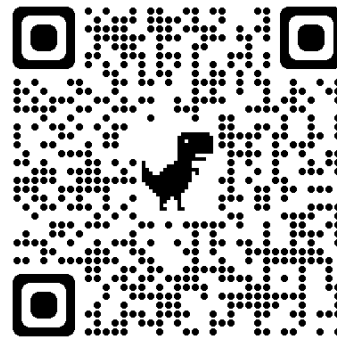
### What do I need?

- **Attending In-Studio:** Please bring your water bottle. Practice is done standing but chairs will be available if breaks are needed.
- **Attending Online:** You will need a smart phone device, iPad, Tablet or Computer with reliable internet access.



Sherry Oakes, RYT-200 & Certified Asahi Instructor

**Easy Ways to Register:** Put phone camera up to the QR Code below. A link will appear on your phone screen. Tap on the link & you'll be directed to the registration page.



**FEE:** \$50 Early Bird Special before November 13th. **Discount Code:** ASAHI5 \$55 after November 13th!

**In-studio classes have LIMITED spacing available** 20 spots total. Advanced registration is strongly RECOMMENDED.

### Can't make the weekly series classes?

Register to receive access to the video content until December 12<sup>th</sup>!

**Questions?** Contact The 5 Koshas Team at office@5koshasyoga.com