

# Individualized Yoga Program



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## Individualized Yoga with Guta Hedewig Introducing the first Personalized Yoga Program based on the teachings of TKV Desikachar.

### Guta Hedewig



Guta Hedewig continues to study the teachings of TKV Desikachar and T. Krishnamacharya at the Krishnamacharya Yoga Mandiram in Madras, South India.

She is also a student of Ashtanga and her teachers include Sri K. Pattabhi Jois and V. Sheshadri in Mysore, as well as Christopher Hildebrandt.

She believes that the yoga practice needs to suit the individual and contribute to a transformative state of well-being.

### About the Program

This UNIQUE program offers students a personalized yoga practice that will be tailored to their specific needs and preferences. It requires a commitment to practice and in return offers the many benefits that a well-rounded, individualized practice confers: physical flexibility, strength and stamina, together with mental clarity and a greater sense of well-being.

Based on the teachings of TKV Desikachar & T. Krishnamacharya (the founder of the lineages taught at Yoga Sutra), this method of teaching each student individually is the traditional method of yoga study and practice. It is suitable for students of all levels: beginners looking for a well-rounded practice to which they can commit, intermediate students seeking to refine their practice, and more advanced students looking for new challenges. Individual problems/health issues can be specifically addressed and worked with, so that students of all ages and states of health will benefit greatly from this program.

Individualized practices may include the following: asana sequences (postures), pranayama (breathing), meditation and chanting practice, as taught at the Krishnamacharya Yoga Mandiram in Madras, India.

#### **STRUCTURE OF THE PROGRAM**

Participants will meet with Guta for a minimum of three private 60 minute sessions where she will customize a practice and refine it over time. The practice will be written down so the student can follow it on his/her own. Twice a week Guta will supervise a two hour practice session where students may come and leave at their convenience. In these sessions students can fine-tune and deepen the personalized practice, and Guta will provide adjustments, new instructions, and additional information.

#### **INDIVIDUAL SESSIONS**

by appointment only  
Cost: \$300 for three sessions  
**Begins immediately**

#### **PRACTICE SESSIONS**

Tuesdays and Thursdays, 4:00 – 6:00pm  
Cost: \$225 per month (includes access to all classes at Yoga Sutra)  
Minimum of three month commitment