

Individualized Yoga Program



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Individualized Yoga with Guta Hedewig Based on the teachings of TKV Desikachar.

Guta Hedewig



Guta Hedewig has studied the teachings of Krishnamacharya with TKV Desikachar and Kausthub Desikachar at the Krishnamacharya Yoga Mandiram in Chennai where she has completed advanced yoga courses and studied privately. She is a certified teacher through the Krishnamacharya Healing and Yoga Foundation and is currently completing their four year long Yoga Therapy Training. She also learned Vedic Chanting at the affiliated Vedavani (Vedic Chanting School). Additionally, Guta has studied Ashtanga in Mysore with K. Pattabhi Jois and with V. Sheshadri for many years.

Guta endeavors to create an atmosphere of the serious, in-depth study of yoga in all its aspects, based in the tradition of Krishnamacharya's teachings, believing that there is an appropriate practice for everyone.

About the Program

This UNIQUE program offers students a **customized 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, 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 are 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 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. Additional classes for follow up can be added as needed.

Cost: \$330 for three sessions.