



THE SPACE

KATHY COOPER
ASHTANGA ORIGINAL

24 - 26 OCTOBER

Fri 24 : 18 - 20

Sat 25 : 9-11.30 & 13 - 15

Sun 26: 9 -11.30 & 13-15

WEEKEND WORKSHOP

Asana, Pranayama, Clinics and Ask
Me Anything Ashtanga Style

27 - 30 OCTOBER

7am - 9 am

MYSORE MORNINGS

Individual guidance one on one

INFO & BOOKINGS: www.thespace.lu

The Space

11-13 Bd Gd Duchesse Charlotte

L-1331

PRACTICING AND LIVING ASHTANGA FOR 50 YEARS

ABOUT KATHY

Back in Luxembourg for the first time in 5 years



With over 50 years of teaching and practice, Kathy embodies Ashtanga yoga in action. Her radiant energy, joyful spirit, and deep centeredness reflect a lifetime of dedication to the practice.

Join her for a special weekend of led classes, workshops, satsang, pranayama, and Mysore sessions: a rare chance to profoundly deepen your practice and infuse your life with her guidance.

Kathy's unique blend of depth, humor, and joy makes this an unforgettable opportunity:
The highlight of your Ashtanga year.

BOOKINGS NOW: WWW.THESPACE.LU

