



# ASHTANGA YOGA MIT INKE SHENAR

## ASHTANGA YOGA STERNSCHANZE WITH INKE SHENAR

We're excited for you to practice with us! Please have a look at the information below before your first class:

- Schedule your first practice by sending us an email at: [inke@shenar.de](mailto:inke@shenar.de)
- If you are a beginner, please send us an email ([inke@shenar.de](mailto:inke@shenar.de)) or give us a call to book a beginner's class/course
- If you are already a regular practitioner of Ashtanga Yoga, you can arrive at any time within [schedule](#)
- We will be able to teach you individually within the group setting according to your capacity and specific needs
- We advise you to reserve at least 1 hour and 30 minutes so you can fully enjoy your first experience
- Please let us know before the beginning of class whether you will be doing a Drop-In, Trial Month or would like to sign up for a contract
- If you would like to book a private lesson, please email [tamaryn@shenar.de](mailto:tamaryn@shenar.de)

## HOW ASHTANGA WORKS

You are taught the breathing technique and postures gradually and each student develops his/her practice at an individual pace. Over time, you will achieve greater awareness of your body and breathing patterns and transform your practice into a moving meditation with benefits far beyond the postures.

## PREPARATION AND LOGISTICS

- We have rental **yoga mats** available at our studio but we recommend you bring your own and store it at the studio for daily practice
- Please bring **comfortable sportswear** that does not restrict movement.  
Prepare to sweat – we advise you bring a **small/medium towel**.
- Avoid **eating** 2 to 3 hours before practice
- **If yoga is new** to you, try to commit to at least 2-3 practice sessions per week to fully understand the style and reap the benefits.
- **Payment:** Please pay either cash or by bank transfer before the beginning of class to:

Inke Shenar

Bank: HASPA Kontonummer: 1228133912 BLZ: 20050550

IBAN: DE43200505501228133912 BIC/SWIFT-Code: HASPDEHHXXX

Send proof of payment to: [inke@shenar.de](mailto:inke@shenar.de)

## PRICES

### Hamburgers

- € 20 Drop-in Class
- € 99 Trial Month (established practice)
- € 160 Ashtanga Beginner's Option
- € 115 Unlimited Monthly Membership Contract
- € 145 Flexible Monthly Pass

### Visitors to Hamburg with established practice

- € 15 Drop-in Class
- € 50 Weekly Pass
- € 99 Monthly Pass

## LOCATION

We are located at Lippmannstasse 53, Sternschanze. Just ring at the intercom on the ground floor and we'll buzz you up.

The closest train station is Sternschanze (S11, 21, 31 + U3).

Please feel free to call Inke at +49 176 2285 9075 and we will happily answer any questions you might have.

We hope to see you very soon at Ashtanga Yoga Sternschanze mit Inke Shenar.