

# ***DEEPENING COURSE IN ASHTANGA YOGA – BODY, NERVOUS SYSTEM & PHILOSOPHY***

Welcome to a unique in depth training in Ashtanga Yoga, led by Frank Kappas and myself, Sonja Lindh Masajada. Together we bring nearly 50 years of combined experience to offer a deep and holistic immersion into the practice.

The course is structured over four intensive weekends, from Friday evening through Sunday evening, where we explore and develop both your personal practice and your teaching. The program begins in the autumn of 2026.

We move beyond the conventional framework and deepen our work in:

- Practical yoga technique, with emphasis on flow, precision and advanced adjustment skills. We do not only demonstrate where to place the hands but also explain the intention, logic and energetic flow behind each adjustment.
- Nervous system regulation and trauma-informed yoga — understanding how body and mind are affected and how to create safety, balance and resilience within the practice.
- Yogic philosophy including an in-depth exploration of the eightfolded path, the yamas and niyamas and the body's energetic systems such as the chakras, nadis and koshas.
- A holistic perspective on body, mind and inner awareness and how these dimensions interact and integrate within both your personal practice and your teaching.



The course comprises approximately 80 hours and provides a solid and comprehensive foundation for those who wish to deepen their Ashtanga yoga practice, both technically and philosophically. It is designed for practitioners and teachers who seek to grow in their understanding of yoga as a physical, mental, and spiritual discipline.

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## **Who is this course for?**

This training is designed for practitioners with an established Ashtanga practice who wish to explore yoga beyond the purely physical dimension. It is suitable both for dedicated practitioners and for those who teach or aspire to teach.

You are looking for a deeper understanding where technique, nervous system awareness, and yogic philosophy are woven into a coherent whole.

A minimum of one year of prior Ashtanga practice is recommended.

## **Course Structure**

Each weekend follows a clear and thoughtfully designed schedule:

Friday afternoon/evening:

Evening yoga practice and introduction to the weekend theme

Saturday and Sunday 8am to 5pm:

Mysore practice

Thematic lectures

Hands-on adjustment training

Dialogue and reflection on yogic philosophy, the nervous system and practice

Theory and practice are continuously integrated throughout the training.

## **Dates & price:**

Module 1: October 2-4 2026

Module 2: December 4-6 2026

Module 3: February 5-7 2027

Module 4: April 9-11 2027

Limited to 14 participants

Price: 23000 sek (payment plan available upon request)



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## **Course Modules**

### **Module 1 (Oct 2–4) – Ashtanga, the Nervous System and Relationship**

We establish a solid foundation in Ashtanga Yoga and the function of the nervous system. The focus is on safety, relationship, and creating balance in practice.

Includes:

- The role of the nervous system in yoga practice
- Regulation, safety and presence
- Fundamental adjustment techniques
- The teacher–student relationship
- The foundations of Ashtanga Yoga and the eightfolded path

### **Module 2 (Dec 4–6) – Feeling, Sensing and Awareness**

This module deepens the understanding of how emotions, sensory experience and awareness influence practice.

Includes:

- Emotions and sensory perception in yoga practice
- The koshas – the layers of the human being
- Connections to Buddhism, the Noble Eightfold Path and Vipassana meditation
- Continued refinement of adjustment techniques
- Practical tools for cultivating awareness in everyday life



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## **Course Modules**

### **Module 3 (Feb 5–7) – Connection and Compassion**

We explore the energetic system and the integration of body, mind and inner awareness.

Includes:

- Chakras and nadis
- Energy flow and well-being
- Reconnection of the nervous system through movement and breath
- Integrating practice and daily life
- Compassion and relational awareness in and beyond the yoga room

### **Module 4 (April 9–11) – Kaivalya – Freedom**

The final module focuses on freedom, integration and wholeness.

Includes:

- Identifying and releasing blockages
- Nervous system regulation as a pathway to balance
- Group exercises and reflective integration
- Synthesizing the full scope of the training
- Freedom in yoga practice and in life



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**After completing the course you will be able to:**

- Understand and clearly explain the role of the nervous system in yoga practice
- Offer adjustments with greater precision, safety and sensitivity
- Integrate yogic philosophy naturally into your personal practice and teaching
- Cultivate a more sustainable and conscious personal practice
- Work skillfully with relationship, presence and safety in the yoga space and beyond

This training is for you if you are ready to deepen your understanding of Ashtanga yoga and explore the relationship between body, nervous system and philosophy as an integrated whole.

It is for practitioners and teachers who value depth, precision, reflection and long-term sustainability in their practice. If you are seeking a mature and grounded approach to yoga, one that supports both personal growth and professional development, this course offers a clear and supportive path forward.

We warmly invite you to join us in this year of exploration, refinement and growth.

Frank & Sonja



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