

Deepen Your Ashtanga Yoga Practice

- Mysore Style Workshop with Peter Sanson

In **May 2026**, we warmly invite you to a very special Ashtanga Yoga workshop with **Peter Sanson**, a certified Ashtanga yoga teacher from New Zealand. This year, we celebrate **15 years of teaching, development, and shared practice** with Peter.

This workshop offers a unique opportunity to deepen your practice with one of the few internationally certified Ashtanga yoga teachers, bringing **over 30 years of experience**. Peter is known for his calm, attentive, and therapeutic approach to teaching, where each student is truly seen and met according to their individual needs.

During the workshop, you will have the opportunity to:

- strengthen and refine your physical practice
- deepen your understanding of breath, energy, and focus
- develop mentally and inwardly through a sustainable and conscious yoga practice

Many students who have previously attended Peter's workshops describe how their practice has taken significant steps forward—not through effort or performance, but through greater presence, clearer direction, and deeper self-awareness.

Peter teaches with great respect for how Ashtanga Yoga affects the body's energy systems and the nervous system. He has extensive experience working with **all levels**, from beginners to advanced practitioners, and has a rare ability to guide you exactly as far as you are ready to go, no further, no less.

Peter's return year after year makes this workshop especially valuable. This continuity allows students to build upon previous work, follow their development over time, and receive personal guidance that truly makes a difference. At the same time, newcomers are warmly welcome, and Peter greatly enjoys introducing Ashtanga Yoga in a safe, inspiring, and supportive way.

Join us in celebrating 15 years together with Peter Sanson—and give yourself time, presence, and depth on the mat.

Learn more about Peter on his website [here >>>](#)

Practical information

- **Dates:** May 12–20, 2026
- **Rest day:** Saturday, May 16
- **Workshop options:**
 - Full workshop (8 days)

- Week 1: May 12–15
- Week 2: May 17–20
- **Daily start times:** 07:15

Community dinner (optional, self-paid)

- **Friday, May 15 at 5:00 PM**
- Location: **Saravana Bhavan, Sankt Eriksgatan 66**
Please let us know at info@yogashalastockholm.se at the time of booking if you would like to join, and we will reserve a place for you.

Accommodation suggestions near Zinkensdamm

[Hotell Hornsgatan](#)

[Hellstens malmgård](#)

[Hostel Zinkensdamm](#)