



Ventura Yoga Studio

Ashtanga Yoga at Ventura Yoga Studio

Welcoming Alisone Bonafos

Program Director & Teacher

In Studio B

Starting in February



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Note: Ashtanga Yoga will be offered in Studio B as a separate program with a separate fee structure. Class packages will not be shared across programs. This program is administered by Alisone Bonafos



We are excited to introduce Ashtanga Yoga at Ventura Yoga Studio. This new program follows the tradition of Sri K. Pattabhi Jois, taught through his students, and is rooted in the Krishnamacharya lineage.

What is Ashtanga Yoga?

It is a vigorous yet therapeutic form of yoga. At first, students may find it physically challenging, but over time they experience it as a mindful, breath-guided practice. Students move through a carefully sequenced series of postures, gradually learning and refining each one. The method helps build strength, clear blockages, and bring clarity to body and mind.

Classes are taught primarily in the Mysore style, a teacher-assisted format where students move at their own pace within a shared space. Sessions vary in length and level, allowing beginners and experienced students to grow side by side. This approach supports a close, ongoing relationship with the teacher, while students also benefit from the energy and support of others practicing together.

Ventura Yoga Studio, founded in 1990, has long been respected for its depth of teaching and commitment to yoga as more than a physical discipline. This program offers students the opportunity to engage with a shared lineage and experience the transformative potential of sustained practice.

All are welcome, and students are supported in developing a regular practice one day at a time.

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Click anywhere in this flyer to get more specific information about this offering, to sign up, and to contact Alisone with any questions.