



Ashtanga Vinyasa Yoga Workshop

mit Tim Feldmann von Fr. 7 bis 9. Sep. 2012

Programm:

fri eve WS: Integrating Breath and Bandhas in Your Asana Practice

In this first session with Tim you will locate your locks and drop into your breath to free your practice. Gururji says: "the Ashtanga practice is a breathing exercise – the rest is just bending!". You will establish yourself firmly in the foundations of breath with a clear physical understanding of the use of the bandhas/body locks. You will learn essential tools to deal with anxiety and stress, simple pranayama to help your body open, your mind to settle into one-pointed focus and to free your body. Experience how this ancient tradition holds many life lessons. All Levels.

sat morn WS: Flying Low - Five simple steps to jump through & jump back.

In this session you will learn how to apply strength to your practice. Understanding simple anatomical mechanics along with healthy pointers of alignment will allow you to take your practice to a new level in a fun and exciting way. You'll leave this class with a refreshed perspective on your capacity, integrated jump through/back or clear steps to be doing it soon. open to all levels

sun afternoon WS: Sthira Sukham & Backbending

Develop your 'sthirasukha', your firmness and comfort, for success and health in your yoga. The practice starts with the right state of mind. Cultivating your approach to your practice determines your success. We will look at what it takes to really bend over backwards with no fear. The secrets of deep backbends are available to you through the integration of sound anatomical principles, healthy alignment techniques and intense stretches. The dynamic movement mechanics of bending your spine are the key to an enhanced flow of energy and in this class you will begin to explore your natural potential to for deep backbends with safety, support and enthusiasm. The workshop aims at developing tools to a personal and balanced practice.

Die Teilnehmerzahl ist auf 30 begrenzt.

Die Unterrichtssprache ist Englisch.

Kosten: 230 Euro

10% Rabatt für Yoga Mitte Mitglieder

Buchung bis 01. Juli 2012 ---> **200 Euro**

Wann:

Freitag 07.09.2012 | Friday, Sep. 7th
17.30-20.00 Uhr | 5pm-8pm

Samstag 08.09.2012 | Saturday, Sep. 8th
09.30-12.00 Uhr | 9.30 am-12pm
15.00-17.30 Uhr | 3 pm am-5.30 pm

Sonntag 09.09.2012 | Sunday, Sep. 9th
09.30-12.00 Uhr | 9.30 am-12pm
14.30-17.00 Uhr | 2.30 pm am-5 pm.

