



ANUSARA YOGA WEEKEND

WORKSHOP WITH NEESHA ZOLLINGER

The body is the Gateway!

Book and pay before october 1st to get the earlybird price of 1550sek. After october 1st you can still sign up but the price is 1750sek. Cancellations made up until 3 weeks before the workshop will be paid back minus an admin fee of 750sek. Cancellations made up to one week before the workshop will not be paid back.

In our yoga there is always more: depth, expression, space, breath, explorations and possibilities. As the body opens, profound insights tend to emerge as well as desire to develop the extent of the human capacity and virtues. By engaging with the Universal in ever-refined ways, this experience of practice opens up doorways to your own sublime reality. Come for this weekend workshop to engage and polish your skills. Every body is a beautiful vessel that we will work with, challenge and play in. Together we will practice making every ordinary moment extraordinary.

22-24 october 2010

Earlybird smashing price: 1550sek

Friday

PM 18:00-20:00

Transparency:

Standing poses- hip openers and twists

Lining up the legs, pelvis and lower back to experience clarity

Saturday

AM 10:00-13:00

Celebration: Standing poses and Backbends

Intelligent sequencing to access some of the most challenging and rewarding poses: Heart openers

Saturday

PM 15:00-17:30

Interior Realms: Inversions, hip openers, pranayama and meditation

Preparations to take you into your inner truth.

Sunday

AM 10:00-13:00 - Kalei-

doscope: Playful variety of Balancing poses, deep hip and heart openers. Experience every color and combination within yourself!

