

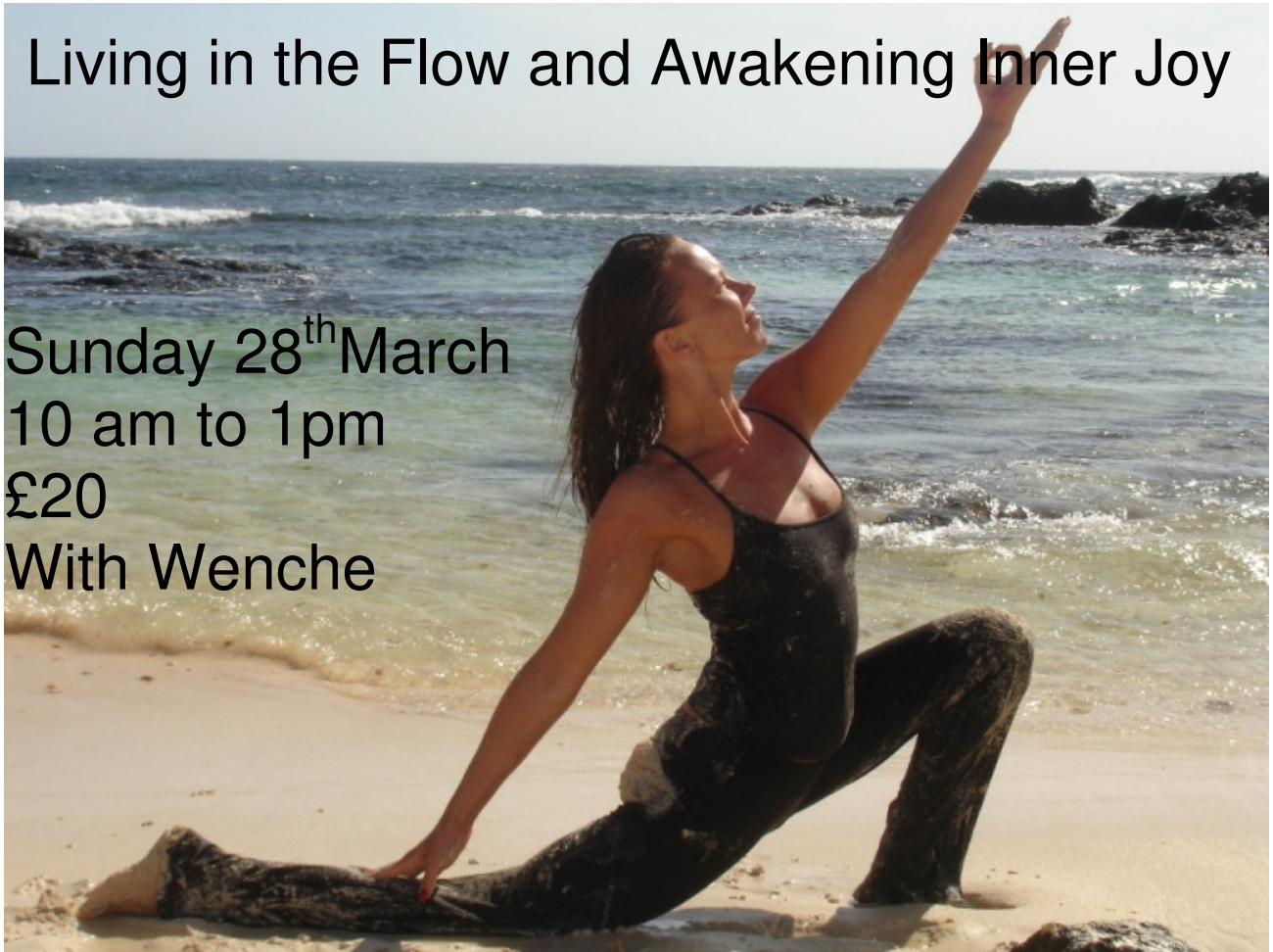
Living in the Flow and Awakening Inner Joy

Sunday 28th March

10 am to 1pm

£20

With Wenche



An uplifting, fun and healing workshop where you learn to live in the flow of life through your yoga.

The workshop will be exploring Rasa Vinjasa (rasa is life's fluid)) which teaches us to cultivate awareness that links each action to the next, on our mats and in our lives. This is for many the pathway of transformation, the awakening of the inherent divine energy and the inner pathways for Shakti (divine force) to flow through the entire inner field of their being.

On the day will be exploring the power that lays within us, connecting to inner and outer strength, the balance between both lover and beloved (Shiva and Shakti). We will also be exploring Shanti, the embodied state of living, breathing peace, inner balance, equilibrium and wisdom that is the fruit of Yoga.

We will also visit therapeutic yoga, pair yoga and flying yoga. The workshop will end with the wonderful experience of the beautiful sound vibration of crystal bowls.

Come and play through this ancient purifying dynamic dance of change, awakening to transformation.

To Book: Email info@yoga-life.co.uk or call 07812052742