

YOGA workshops at ANANTARA SPA

Yoga for Every Body

10th July, 24th July, 7th August, 22nd August

Yoga Asanas made accessible to everyone

11.30 am to 1.30 pm

A 2 hours workshop covering 3 practical limbs of Yoga - Postures, Breath, and Meditation. We start with pre-Asana Pranayama, charging the body with Prana and calming the mind. We are then ready for a fully guided Asanas practice, focussing on alignments and adjustments, using Yoga props to enhance one's ease into the poses. Finishing with a deep guided relaxation. There will be time for Q & A, additional pranayama and guided meditation.

Awaken your life force, quiet your mind

14th July, 28th July, 11th August, 25th August

Yogic breathing and Pranayama workshop

11.30 am to 1.30 pm

Discovering the breath and its powerful aspect in Yoga. Enhancing our breath awareness to deepen our Asana practice and develop a basic seated Pranayama practice. In this 2 hours workshop one will discover the connection between breath and movement and the considerable benefits of Pranayama. Experiencing awareness meditation techniques, Q & A.

Find Balance in daily life

17th July, 31st July, 14th August

From body to mind balance

11.30 am to 1.30 pm

A 2 hours workshop as a playfull way to recognize the connection between body, breath, mind and emotions. Starting with Pranayama techniques producing inner calmness, the practice will then unfold into balancing poses, from simple to more advanced postures. A supported and safe environment will allow oneself to reach new horizons and feel whole. Breathing techniques will be introduced as well as awareness meditation, and Q & A.

Flowing into Vinyasa

21st July, 4th August, 18th August

The science of Vinyasa system

11.30 am to 1.30 pm

In this 2 hours workshop we will start by Pranayama practices supporting Vinyasa flow. There will be a reminder of the main Asanas alignments. And then with awareness, with rhythm, with control and following the breath, we will explore Vinyasa flow; going through the motions with synchronicity and with insight. A Yogic dance is then taking birth. We will end with a guided relaxation and meditation.

with Resident Teacher : Tara

A dedicated student of all aspects of Yoga and a Yogini, Tara has been teaching for more than 19 years, bringing together meditation and movement to everyone's ability.

Her Yoga classes emphasize alignment and breath awareness, while being nourished with heart and joy.

A standard Asana class will offer also Pranayam, meditation and relaxation and personal attention will be given to each and every one.

All her teachings are adapted to the capabilities of the students and she is offering a safe and encouraging support to deepen everyone's level.

www.Tara-Yoga-Now.com



BOOKING at ANANTARA SPA : 90 US\$ + taxes