



Yoga Workshop

Asana Pranayama Meditation Philosophy

Hatha Yoga Schule, Zwinglingstr.8, Zurich

13 July 2013 : 9h30-11h30 + 15h-17h : Frs. 75.-

The day will begin with Pranayama, preparing ourselves for the Asana practice that follow. In the afternoon, there will be a presentation of the Yoga Sutras of Patanjali, a period of Question/Answer and we will end with a guided Meditation.

Tara Sandra is French Swiss, fluent in English, and lives in Asia since the last 25 years where she had the chance to meet the Buddhist Dharma and the joys of Yoga. For over two decades is dedicating her life to meditation practice, including regular and extensive periods in solitary meditation retreat.

For fourteen years she is studying and practicing Yoga. Her teaching emphasizes alignment, and breath and awareness and is nourished with heart and joy. She is influenced by the great Masters BKS Iyengar and Sivananda, and introduces Vinyasa flow inspired from Sharon Gannon and David Life of the Jivamukti. All her classes are adapted to the capabilities of the students, I am offering a safe and encouraging support to deepen everyone's ability.

www.Tara-Yoga-Now.com