

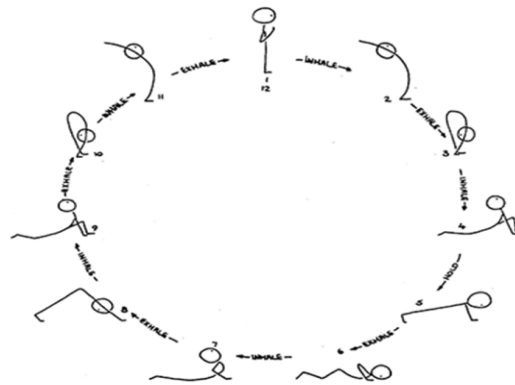


MAHA SHANTI YOGA

Dynamic Yoga Workshop in English / Deutsch

Anna Wan & Jürgen Hergenröder

Saturday 21st January
10:30 – 13:30
@peace, Holzstr. 4



Through bad posture, psychological or emotional problems or imbalanced lifestyles, the flow of energy in our body and mind can become blocked. This often leads to stiffness, muscle tension and lack of proper blood circulation. When these blockages become more chronic, this can lead to more serious illness.

This workshop focuses on a series of dynamic yoga movements which help to remove blockages that prevent the free flow of energy in the body and mind and helps to regulate and stabilize this flow of energy.

The workshop will also include an extended practice of pranayama and meditation

Price: €35 / €30 (students & unemployed)

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