



MAHA SHANTI YOGA

Yoga Intensive Workshop in English / Deutsch

Anna Wan & Jürgen Hergenröder

Saturday 4th February
10:30 – 13:30
@peace, Holzstr. 4



Intensify your practice of asana, pranayama and meditation

In this workshop, we will be working with you on a more extensive practice of asanas, pranayama and meditation.

We will be guiding you step by step and with hands on assistance into more challenging asana variations, practicing an active cleansing pranayama series and concluding with a meditation on the universal sound of “OM”.

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

To reserve a place, please register by as soon as possible

Email: info@mahashantiyoga.com

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