

Anusara® yoga workshop, Kristianstad
Susana Garcia Blanco

the triadic heart of the goddess

October 24th – 25th 2009



Program 24-25 oktober

SATURDAY MORNING (10 AM – 1 PM)

KALI – Dive into your infinite potential

In this 3-hours Intro workshop will get a first contact with the Universal Principles of Alignment™ that are one of the foundations of Anusara® yoga. Like the Principles, Goddess Kali invites us to connect with our true potential. We will explore the primary energy flows, the focal points and the importance of aligning body, mind and heart through this practice.

SATURDAY AFTERNOON (3 PM – 6 PM)

SARASWATI – Refining hip openers, forward bends and twists

Saraswati is the Goddess of refinement. Through the Universal Principles of Alignment™, with emphasis on inner and outer spiral, we will practice hip openers, forward bends and twists in a more effective and therapeutic way.

SUNDAY MORNING (10 AM – 1 PM)

LAKSMI – Ecstatic backbends!

A more dynamic practice focused on backbends and some arm balances. The exploration of the Universal Principles of Alignment™ in the upper body will help us to experience the radiance, the beauty and the abundance of the Heart.

SUNDAY AFTERNOON (3 PM – 6 PM)

RESTORATIVES & INVERSIONS – Connecting with the Ocean of Grace inside

If in the previous sessions we cultivated the fire of the practice of Anusara® yoga, in this session we will experiment the sweetness of the nectar that is the promise of yoga.

Yoga has been the essence in my life for more than 12 years. In 2000 I met Sianna Sherman and since then I have been a dedicated student of Anusara® Yoga with her and with founder John Friend.

I am now the only Certified Anusara® Yoga teacher in Spain. I am based in Barcelona but I continuously travel teaching workshops, Immersions and Teacher Trainings through Spain, Europe and Latin America. Along the way I have also explored other yoga styles, like Ashtanga, Iyengar, Kundalini and lately I am falling in love with Acroyoga. My life, my practice and my teaching are deeply inspired by the Tantric Philosophy. I bring my passion for Eastern Philosophy and Mythology, as well as the therapeutic possibilities of the yoga practice, to the teaching of yoga. Yoga is for me the adventure of life when you live it to the highest. - Susana Garcia Blanco

Priser och anmälan

Paketpris för helgen: 1250 kr

Lördagens workshops: 700 kr

Söndagens workshops: 700 kr

Enskild workshop: 400 kr

Om det är första gången man provar på hatha yoga eller Anusara yoga är det obligatoriskt att delta lördag förmiddag.

Anmälningsavgiften är 400 kr och ska betalas senast den 10 oktober. Resterande belopp betalas senast den 19 oktober.

Begränsat antal platser.

Anmälan görs via e-post eller telefon

Irene: post@irentljus.se, 0733-40 13 53

Anjali: consulting@anjali.se