



Ease of breath & Heart openers

Date: 22nd of October 2016

Time: 3-6 PM (3 hours)

Location: Nordostpassagen 55, Göteborg, Sweden

Who can attend?

You do **NOT** need to master perfectly any of the poses that will be discussed.

This workshop is for those people who want to *deepen their yoga practice* and are willing to put consistent work into reaching their objectives.

AGENDA:

3 - 3:50 PM **Ease of breath**

*We will be discussing and practicing a few yoga breathing techniques (pranayama exercises). You will get to answer yourself the following questions and something more: What is pranayama? Why is it healthy for us? How are they helping us to balance our body, mind and emotions? Why do yoga teachers say that we need to re-learn how to breathe correctly? Why are we talking so much about the breathing process in the yoga practice?

3:50 - 4 PM **Break**

4-6 PM **Hearth openers**

*We will be discussing about the emotional, mental and physical components of a backbend practice and also be practicing a few backbend poses. You will be able to answer yourself the following questions and something more: Why are backbends so healthy for our spine and general wellbeing? Why do they counteract the bad effects of our modern lifestyle? How to practice a healthy backbend? Differences between a good backbend and a bad one: why do I hate backbending sometimes and I have pain in my back when I do certain postures?

Deadline registration: 16th of October 2016.

Price: 500 SEK

Your spot is secured after the payment is done.

Refunding and cancelation is not possible once you booked your place.

Booking at info@unfoldyourmat.com