



## Strength & Grace

**Date:** 19th of November 2016

**Time:** 4-6 PM (2 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:**

\*We will be discussing about the emotional, mental and physical components of an arm balance and inverted posture, as well as we will be practicing a few postures.

You will be able to answer yourself the following questions and something more:

What do I need in order to practice an arm balance? What can we learn from it? Is this yoga too? Will I ever be able to practice arm balances? What is the difference between the good pose and the bad one?

**Deadline registration:** 6th of November 2016.

**Price:** 400 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](mailto:info@unfoldyourmat.com)