

The deeper aspects of Asana

Purna Yoga Workshop with

Brad Waites

Using Purna Yoga for Integral Wellbeing

Each yoga pose holds a wealth of potential benefits – physical, emotional, mental and spiritual. Each time you do a pose, you have a choice as to how deeply you want to change and how much you want to grow. Your psychology is reflected in your physiology; by changing your physiology, you impact your psychology -- provided you are taught how and have the intention to do so.

Program:

Friday, December 7 (19.00 – 22.00)

Standing Poses & Hip Openers: Strength, Grounding & Progress

Saturday, December 8 (10.00 – 13.00)

Inversions: Understanding the Opposite Point of View

Saturday, December 8 (15.00-18.00)

Backbends: Youth, Joy, & Conquering the Past

Sunday, December 9 (10.00 – 13.00)

Twists: The Expansiveness of Letting Go

Sunday, December 9 (15.00-18.00)

Forward Bends: Finding the True You

What: Purna Yoga Workshop

When: December 7 – 9, 2018

Where: Nieuwendammerdijk 308

Time: Fri 19.00 – 22.00,
Sa / Su 10.00 – 18.00

Price: € 65,- each workshop
€ 275,- for the whole weekend

Web: www.yogaroots.amsterdam

To subscribe

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