



Ashtanga Yoga in the Botanical Garden

The workshop teaches the basics and philosophy of Ashtanga Yoga practice. We will learn poses such as the Sun Salutations and the fundamental Asanas, as well as controlled breathing techniques.

Content: Ujjayi Pranayama (conscious breath control), Bandhas (energy control from the center of the body), Sun Salutation A+B in detail, Fundamental Asanas (correct alignment), relaxation + philosophy.

All you need is a mat, comfortable clothes and the desire to engage in a morning yoga session.

Instructor: Silke Hurtz, Ashtanga Yoga teacher from Düsseldorf, more information at: www.ashtanga-yoga-duesseldorf.de.

When: Saturday, August 3rd 2019 from 9 till 11.30 a.m.

Where: the Botanical Garden in Düsseldorf, our exact meeting point will be announced upon registration. The deadline for registration is July 25th 2019.

Contact

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Photo: Marcus Oberländer

Free!