

YOGA BREATHER

Yoga workshop with Lucie Königová

28 February 2010, 9.30 am - 12.30 pm

Wellness Rooseveltova, Rooseveltova 10, Praha 6 (www.w-r.cz)

Breath is a most precious gift. Breath is a symbol and expression of life. Breath is something all of us were given at birth - without having to earn it in any way. But it is up to us whether our breath remains natural & nurturing, or whether we let our breathing become constricted as we go along.

One of the main tools of yoga, breath is the basis of any yoga practice. It helps us to keep focused while guiding our movement, calming & refreshing our body, and soothing our mind.

Breath is a metaphor of our relationship with and approach to life - we live as we breathe. Each mind pattern has a corresponding breath pattern. Breathing is a symbol of constant change - an endless cycle of coming & going epitomising the ebb & flow of life. Breath awareness teaches us how natural and healthy it is to accept & then let go. We'll explore how breath is linked to movement & how focused, calm & smooth breathing can dramatically change the experience of our yoga asanas (poses) on the physical, mental & spiritual levels. We'll be cultivating the smooth flow of breath & movement in yoga asanas & simple sequences, transitioning to chanting, pranayama & meditation.

Price: CZK 400

To register please e-mail yogaeventsprague@gmail.com.
For more info on Lucie visit www.yogina.cz.