



Ashtanga - Core strength & Balance, Intensive Workshop with Andrea Lutz November 5th and 6th 2016, Poznan (Poland)

Saturday:

9:15 - 9:45 am (Zazen*)
10 - 12 am (Led Class & Pranayama)
1 - 3 pm (Workshop)
3 - 4 pm (Discussion)

Sunday:

9:15 - 9:45 am (Zazen*)
10 - 12 am (Mysore)
1 - 3 pm (Workshop)

"Only if the core is strong, we can find ease in the practice."

In this workshop Andrea will emphasize the work with the breath and the bandhas to increase your core strength, and to enable the practitioner to develop an inherent ease and softness in the practice. You will learn how to use weight and gravity, to progress your inner strength and to release all unnecessary tension in the body.

In the afternoons Andrea will focus on backbending - and balancing Asanas, accordingly to the practitioner level. Backbends help us to release emotional tension and unwanted stress in the body and mind. Balancing positions help us to thrive inner strength, balance and a peaceful mind.

You will find support and ways to master even challenging Asanas. On Saturday we will have time for an open discussion about the practice of Ashtanga Yoga, with all related aspects.

This workshop is only for students who have already established a regular practice.

Andrea Lutz, founder & director of Ashtanga Studio Berlin

Andrea is practicing Yoga since 3 decades and Ashtanga Yoga since 1997. She is following the traditional lineage of Sri K. Pattabhi Jois, carried by his son Manju P. Jois and Nancy Gilgoff. In recent years she has been practicing with and learning from them both on several workshops, teacher trainings and on long study visits to Maui/Hawaii where she goes every year since 2006 to learn directly from Nancy and to deepen her own practice.

Andrea is teaching Yoga since 1995 and opened her own school for traditional Ashtanga Yoga 2005 in Berlin. She is authorised by Manju P. Jois to teach the Primary, Intermediate and Advanced A Series of traditional Ashtanga Yoga.

Besides her daily Mysore Classes in Berlin, Andrea is leading Teacher Trainings, Retreats and Workshops all over Europe. Furthermore, Andrea has a profound background in alternative Healing and Physiotherapie.

***Zazen** (a seating meditation practice) will increase your ability of concentration and awareness.

This workshop will be taught in English.

Costs: 290 PLN

for students of Surya Yoga: 250 PLN

Contact & registration: Magdalena Nowaczyk, +48 668 182 057, info@surya-yoga.pl

Location: Dom Kultury Jogi, Nowowiejskiego 3/4, Poznan, Poland