



YOGA OF THE BREATH

# Summer Solstice

Upper Body



## KUNDALINI WORKSHOP

We would like to invite you for this very special mini workshop of one day of total immersion into kundalini – bringing light on what is hidden, what we are ashamed of, our darker side, remembering that there is no light in us without darkness in us. Let yourself dive deep into this new moon and full moon workshop.

Moon is all about emotions, instincts and roots. Tells us what gives us sense of security and where to find it. Describes how sensitive we are and how we instinctively react with our surroundings. Rules oceans and its tides, we as part of nature – can also feel the power.

Full moon represents peak, super high energy, perfect balance between solar yang and lunar yin. Ideal time for reflections - especially lunar cycle - and astrological signs - perfect time to refocus our goals too.

New moon symbolizes in astrology beginning and resurrection. It is recommended to implement new ideas, take care of health or/and release and let go of our internal blockages.

During 3 classes of yoga with kundalini technology - yoga philosophy, breathing, meditation, chanting, ayurveda elements – you will learn how to breathe, how to move, how to find stability and comfort. You will experience your energy rising by chanting and meditating - supporting yourself with your own breath.

Yoga workshop be conducted in Kundalini tradition with chanting, performing Kriyas, meditating and relaxing by the sound of the Red Sea and Nepal Singing Bowls.



## OUR TEACHER



Gosia our leading workshop instructor, teaches yoga since seven years, in tradition of hatha, vinyasa and kundalini. Her approach into yoga is very simple: connecting mind with body through breath, movement and meditation.



NAMASTE VĀYO