



YOGA OF THE BREATH

# *New Beginning*

New Moon In Scorpio



## KUNDALINI WORKSHOP

We would like to invite you for this very special workshop of three days of total immersion into kundalini – bringing light on what hidden and holy in our bodies and what role hormones play emotionally and energetically. Let yourself dive deep into this workshop in the Scorpio New Moon - a new chapter to all investments: emotional, spiritual and financial.

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 its power. During this New Moon we will feel ready to express ourselves and express what lies in our hearts. New Moon in Scorpio is all about sexuality and our sexual organs – genitals, prostate, urethra. Balancing what is called the lower triangle – lower three chakras - Muladhara, Svadhista, Manipura. Drawing our energy from the lower chakras up to higher chakras.

Sexual fluids – male and female contain high concentrations of minerals and elements crucial to proper nerve balance and brain function. The sexual fluid is reabsorbed by the body if it is allowed to mature. Its essence Ojas is transported into the spinal fluid. Running your mind without Ojas is like running a car without oil – you wear it out quickly. About 90% of your sexual energy is used to repair and rejuvenate the organs of the body.

Kundalini Yoga Kriya balances the lower three chakras, strengthens the navel point, opens the heart center by emotional cleansing, meditation on the Self and self-blessing, connecting the navel center and the third eye with the heart center.

Yoga workshop will 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 six 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