



YOGA OF THE BREATH

Release your anger

Bye Bye Autumn



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, what we ashamed of, our darker side, remembering that there is no light in us without darkness in us. Let yourself dive deep into this workshop in the Sagittarius New Moon – ruling our emotions, anger, fear and cold depression – rejection of our own feelings.

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.

Cold Depression is when the external demand is greater than the internal capacity to deliver. When we are depressed but we are so numb and insensitive to our own self, we do not feel it. The depression is therefore “cold.” This leads us to inner anger and isolation from our soul. It affects the vitality of our spirit. When the Negative Mind is too strong, you may appear to be rigid, reactive, and over-dominant. When balanced you deliver strong focused actions and you enjoy challenge. You act, but always with a cover and a back-up plan

During this New Moon we will feel an optimistic approach to life and you believe that things will get better even if you get into trouble. New Moon in Sagittarius be all about liver, sacrum, tail bone, hips muscles and joint, lumbar vertebra and muscle.

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 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