



YOGA OF THE BREATH

# *From Darkness into the Light*

## Winter Solstice

---

### 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 Winter Solstice. It marks the 24-hour period with the fewest daylight hours of the year. That is why it is known as the shortest day of the year, or the longest night of the year. Very slowly we prepare ourself to go toward darkness, hibernation, slowing down, staying in.

Solstice this December will be a return of the old, a birth of the new, and a joyous celebration of connection. We will prepare ourselves to move slowly from darkness Gu into the light Ru. GURU – movement toward light from dark moments of doubt, despair, anxiety and depression into better future.

Working with the pituitary gland - known as the master gland in yogic anatomy, we will regulate all the glands of the body. Pituitary Gland is associated with the 6th body – the Arcline – and the 6th chakra, known as the Third Eye. It is said that when the pituitary gland is balanced through yoga and meditation, the body comes into harmony with the soul.

Kundalini Yoga Kriya gives us a key to opening the flow of Kundalini energy. It brings peace, security, and the wisdom to make the right choices in life. We are going to do practices which stimulate the endocrine system and enhance our inner radiance.

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.