



YOGA OF THE BREATH

Winter is Coming

Full Moon in Cancer

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 of Cancer Full Moon – the first full moon of winter season and first full moon after the winter solstice.

We will use full moon energy to create our plans, future and dreams, to make our wish come true. 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. In contrary - Sun is all about Self, Individuality and personality. Symbolizes personal identity. Shows areas where person should be independent, where he/she should fulfill his/her potential.

During this Full Moon we will learn that our place of belonging is where we choose to be better even if you get into trouble. Is all about feelings, intuitions and our guts. In yoga philosophy we say that our intuition is in our belly and stomach. In this time of the month we feel more, deeper and more intense.

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.