

YOGA ZONKARIN

Yoga Weekend Karin Montali Zürich 3rd - 5th November 2023

Location: Yoga am Fluss - Hardturmstrasse 68a - Zürich - www.yogaamfluss.ch



Fri 3rd Nov - 16.30 – 20.00 Pranayama & Hips & €85

Sat 4th Nov – 13.30 – 17.00 Pranayama & Twists- €85

Sun 5th Nov – 9.00 – 12.30 Pranayama & Backbends €85

FULL WORKSHOP - 3 FULL DAYS - €240

I was born to yoga in 1996 in London and in 2001 obtained my teaching qualification in the Iyengar yoga method with the Iyengar Yoga Association of the UK. After that I moved to Italy/Camerino. In 2004 I spent two months in Pune and studied directly with the Iyengar family. I care about my personal practice and regularly continue my yoga studies with Senior Iyengar teachers.

Come together in community to nourish yourself on all levels. This retreat is for everyone who wants to enjoy an embodied yoga posture practice where the emphasis is on sensitivity, integrity, and wholeness. Allow your body & mind space to release habitual holding patterns as the nervous system balances with calm and restoration. Emphasizing the importance of precision in the practice, sequences, and timing to allow for a deep experience of the asana. There will be a relaxation time at the end of the session for your body to absorb all the benefits of your hard work. You will be able to build up a strong foundation for your own practice. The workshop will be taught in English.

To book a place or for more information please contact me:

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