

Healing through Yoga



Workshop

September 2 & 3, 2016 | Friday 9:00 AM – 5:00 PM; Saturday 9:00 AM – 4:00 PM
Fee: 180,- Euro incl. taxes for 2 days (10% Early Bird Discount for registration until July 10)
Location: Moving Bones | Fössestraße 77 | 30451 Hannover

September 2&3, 2016

English

This Workshop will explore various ways how simple Yoga practices can add more equanimity and happiness to our lives. Due to increased or chronic stress, we experience multiple negative impacts on our health, affecting body, mind and emotions, often suffering from life challenges and traumas. We focus on teaching mindful practices to help getting body, mind & spirit back to a balanced system. This Workshop will be held in simple English language.

On the first day, phases of scientifically well-founded theory and mindful Yoga practices will alternate. There will be simple but effective Yoga tools to initiate self-healing effects on body, mind & spirit.

On the 2nd day, we deepen our experiences and practice further important Yoga tools with the focus on "mind management"; the concepts of Chakras, Mantras and Meditation Techniques will be discovered.

Deutsch

Bei diesem Workshop werden wir verschiedene, einfache Yoga Übungen kennenlernen, die zu einer Verbesserung der Lebensqualität und zu einer glücklicheren und gelasseneren Lebensführung beitragen können. Der Workshop wird in leicht verständlichem Englisch gehalten.

Am 1. Tag wechseln sich Theorie und achtsame Yoga Übungen ab. Es werden einfache und wirksame Yoga "Werkzeuge" vorgestellt, die Selbstheilungsprozesse in Körper, Psyche & Geist initiieren können.

Am 2. Tag werden wir die Erfahrungen vertiefen, wobei der Focus auf "mind management" liegt. Konzepte der Chakren, Mantrén, sowie Techniken der Meditation werden vorgestellt und in die Übungen integriert.

**Für weitere Informationen / Anmeldung wenden Sie sich bitte an
Ulrike Steinhage ulrike.steinhage@t-online.de | Tel.: +49 175 7585909**



Avisek Majumdar
Prakriti - School of Yoga



"My mission is to promote the principles of traditional Yoga in the context to the needs of modern civilized society."

Avisek Majumdar has studied Yoga from the tradition of Bihar School of Yoga (India).

Certified as a Yoga Teacher by the Sivananda Ashram (Kerala-India), Avisek works to inspire people to realize their full potential and increase their wellbeing. Besides Yoga, he also studied the Ayurveda and the Ayurvedic Massage, certified by the International Yoga Vedanta Center (Kerala), the Thai Foot Reflexology and the Thai Massage School of Chang Mai, Hong Kong.

Combining the knowledge and practice from all these Eastern disciplines, Avisek is currently conducting 'Wellness Workshops' for different multinational corporate organisations.



Ulrike Steinhage
Organizer & RYT®



"I believe that Yoga can (and should) be accessible, beneficial and fun for everybody."

Ulrike Steinhage internationally Registered Yoga Teacher (RYT®) with certifications in Hatha Yoga and Yoga Therapy. Since 2011 she teaches Yoga classes for groups in the USA, Romania and Germany.

Ulrike studies, teaches and practices Mindfulness and Satyananda Yoga with Avisek Majumdar and draws her inspiration for her classes from these studies as well as her deep appreciation for Vinyasa Flow Yoga taught in an accessible and straightforward manner.

Ulrike's intention is to offer public and corporate Yoga Workshops in Germany.

Workshop: Healing through Yoga

For more information and registration please contact us: Ulrike Steinhage | ulrike.steinhage@t-online.de | Tel.: +49 175 7585909