

OLIVE SSEMBUZE

 **yogalives**
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ASANA : GATEWAY TO LIBERATION
OCTOBER 13TH 18H30 - 21H00

HOW TO PERFORM AN ASANA AND HOW TO ENERGETICALLY MOVE IN AND OUT OF A POSTURE, IS THE ART OF AN ADVANCED AND SOLID YOGA PRACTICE. WE NEED TO UNDERSTAND THAT IF WE DON'T GET THE BASICS RIGHT, THE PROGRESS TO THE MORE ADVANCED POSTURES ARE STIFFLED. IN THIS COURSE WE'LL LOOK AT WHAT IS THE FOUNDATION OF THE ASANA, WHAT OTHER ASANA IT RELATES TO AND WHAT IS NEEDED TO GET THERE.

OLIVE IS GOING TO SHOW YOU HOW TO MODIFY AND BREAK DOWN CERTAIN ASANA TO ACCESS THEM MORE EASILY AND FREELY.

THIS WORKSHOP IS FOR ALL LEVELS CHF 65.00 OR YL CLASS CARDS + CHF 40.00 | YL YEARLY + CHF 50.00

Registration:
olive@yogalives.ch