

Step by Step 1 Tuesdays 17.10 – 14.11.2017 (18:00 – 19:25)

A five-classes course that will Take you Step by Step through the foundation of the Yoga class. This course can be for beginners, taking their first steps on the mat. But it is also an opportunity to deepen your knowledge and understanding of yoga. This course is your chance to ask questions, and to find your roots by taking it step by step.

This course will teach you to be Independent in your practice by understanding the Asanas, sequences, benefits, and thoughts behind the Ancient tradition of Yoga.

In each one of the five classes of Step by Step 1 session (17.10-14.11) we would learn and deepen the following principles: Breath (Pranayama) - Postures (Asana) - Relaxation (Savasana & Meditation)

When was the last time you paid attention to your breath? Did you realize it is our most powerful tool for life, health, and happiness? Find your breath connect & learn how to use it

Reach for the sun! Strengthen your body , challenge your mind. Learn the postures of the Sun Salutation in a correct, practical & fun way, Then combine them into a healthy, sustainable and personal flow. Each one is in his rhythm.

Sometimes our biggest challenge is just to let go, right? But how to relax ? How to meditate? Learn the steps & techniques

To reach peace in between thoughts, To experience joy To feel calm and open.

In step by step 2 (Tuesdays 21.11-19.12) we will go deeper into the Breath as well as into the ASANAS. We will practice and repeat Asanas from each group: Forward bends, backbends, inversions, balancing poses and twists. Emphasizing and following the three universal principles: Attitude - Alignment - Action. Allowing us to reach that Union of Heart - mind - Body

“Health is Wealth Peace of mind is happiness Yoga shows you the way” (Swami Sivananda)

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