

STEP BY STEP YOGA

Tuesdays 18:00-19:15



STEP BY STEP #2 with Shivani **A Five-Sessions Course** **Start on 21.11-19.12**

The course takes you through the foundation of a yoga class. It is for **Beginners**, taking first steps on the mat **as well as** those who seek **to deepen** their existing yoga practice.

Learn how 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 we would learn and deepen the following principles:

Breath - Postures - Relaxation

Find your Breath, Connect & learn how to use our most powerful tool for life, health, and happiness.

Strengthen your body, Challenge your mind. Learn the postures of the Sun Salutation and combine them into a healthy, sustainable & personal flow and **Find your rhythm.**

Let go. Learn steps & Techniques to reach peace in between thoughts. Learn Relaxation & Meditation tools also for everyday life.

COSTS:

25.-CHF per class

or 100.-CHF for the whole course.

Free for MARU DOJO MEMBERS

Registration & Info: MARUDOJO.CH

Check Shivani's Website: SIVANDAGAN.COM