

TRAINING YOGA FLOW



“Embody the Flow”

30 h course for Yoga teachers / intermediate students

Enrich your Yoga practice and teachings by learning to integrate Flow, a fluid, energetic, meditative Yoga style for awakening and cultivating your radiant life energy.

You will get the tools and step by step understanding of the principles of Flow Yoga and working with movements of energy in the body , “ the roots and the wings”, energetic alignment, wave sequencing and transformative breath work.

Learn to create dynamic, intelligent , safe and uplifting sequences, that will give space for deeper inner experience and connection to yourself.

Liberate stagnated energy and awaken a state of joyful aliveness. You will feel empowered to adapt your teachings to all levels and energetic states.

Maszena Stanecka is a senior Yoga teacher with 14 years experience in teaching energetic practices inspired by the ancient roots of Yoga and Shiva Rea’ s Prana Flow Yoga School.

Open class: Saturday September 7th, 10-11.30 AM.

Classes are all on Saturday:

Sept. 21, Oct 5, Oct 19, Nov 2 and Nov 16 2024.

30 hours Certified hours

Price: € 397,50, 5 days 10 AM to 5 PM



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