

ALCHEMY

DISCOVER WHAT'S AT THE CENTRE

'Alignment & Use of Props'



Kundalini Workshop with Dharmatma Kaur

The first 3 hr workshop will focus on joint movement and safe activation of muscle groups for support and development. Effective warm ups aligned with kriya, the use of props in common postures along with simple back bends and inversions.

The second progressive workshop enables instructors and students to practically work with props in advancing postures, inversions, spinal extensions and the affect of gravity on the body.

Kundalini yoga does not traditionally work with modifications ensuring correct energy movement.

Utilising props and pre-requisite postures can assist a student's progression and ease of wellbeing. These workshops instruct how to use props, layer teaching techniques, and specific exercises to assist with posture within and outside of class.

Both workshops are suitable for teachers and students.

Saturday, 27th August 2011

10:00am - 1:00pm & 2:00pm - 5:00pm

£35 per workshop - Book both for 10% discount

WWW.ALCHEMYTHECENTRE.CO.UK

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