

FÖR ALLA



Vi är stolta och glada att Jeanne från Los Angeles kommer till oss.

## WORKSHOP - Becoming your brightest light

### THE FIVE PRANAS

Breathing is the most important aspect in a yoga practice and can significantly transform a yogi's progress. In this workshop you will learn the five methods, discover where each of us is deficient, and understand how they affect us on a mental, emotional and physical level. We will then do a practice using these pathways followed by a meditation to set the energy we've cultivated. This new information will change the your practice and life – it's amazing!

### THE RADIANCE OF FIRE; Igniting Your Core

This Master Class will help you access, light, build and maintain an energetic flame that dwells from the center of our body – our torso. This light is not only necessary to digest and assimilate our food, but is needed to help us process our thoughts and emotions, and help us feel confident and stable as we enter the unexpected in our daily life. Through a practice that uses poses, breathing techniques, visualizations and even mantra, your inner flame will be ignited. You will leave feeling powerful, breathing deeper than ever, and sitting taller than before!

### FINDING THE LIGHT IN OUR HEARTS; A Tantric Heart Opening

This workshop is directed to opening the heart, from the inside out. Backbends are considered some of the most exciting, adventurous and captivating parts of a yoga practice. We will cover wise alignment, the specific method of breathing to increase the expansion, and also weave in the symbolism of backbends so that you can truly feel the release of fear that frees the heart to become lighter. A special Tantric heart opening meditation will close the day.

### DATUM & ANMÄLAN

#### DATUM:

Fredagen den 17 juni kl. 16-20 samt  
Lördagen den 18 juni 9:30-16:30. **Vegetarisk lunch ingår.**

#### KOSTNAD:

Kostnad 2 650 kr.  
500 kr i rabatt om du bokar innan den 15 april.

#### ANMÄLAN:

Maila till [info@yogaroom.se](mailto:info@yogaroom.se)

### ABOUT JEANNE HEILEMAN

– MA, 500-ERYT, ParaYoga Certified Level II and a Senior Yoga Educator.

Jeanne brings over 30 years of yoga practice to her teaching of asana, Ayurveda, mindfulness, with the added focus of the poses' energy.

She specializes in discovering the needs of individuals and gently guides each to their own grace and balance.

[www.jeanneheileman.com](http://www.jeanneheileman.com)

BOKA TIDIGT  
**RABATT  
500 KR**

