



Yin Yoga

Emphasises stillness, core softness & surrender.
Long, deep passive holds and breath work practice
preparing ones body & mind for Meditation

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YIN YOGA IMMERSION

Body as a doorway...

Fridays 6:30pm - 9:30pm (monthly)
Loudwater Farm, WD3 4HG Rickmansworth

A new series of monthly yin yoga workshops, pranayama (breathing techniques), nada yoga (yoga of sound, tone and vibration), meditation and whole-body listening practices, starting from September 2018. Each month we will engage different aspects of our physical, psychological and subtle anatomies. Walking inner labyrinths, mapping territories and expanding inner horizons. The practice of [Whole Body Listening \(Focusing\)](#) will be introduced and explored (in pairs and group work), as a tool for engaging and communicating with that in you which knows more than you know. Each month you will receive a 30 minute yoga sequence to continue the explorations in your personal yoga practice at home.

- 1st Chakra ~ Earth ~ Feet & Legs ~ Grounded into being here
- 2nd Chakra ~ Water ~ Hips & Pelvis ~ Let the rivers flow
- 3rd Chakra ~ Fire ~ Core & Belly ~ Tending the inner fire
- 4th Chakra ~ Air ~ Shoulders & Heart ~ Breathing space
- 5th Chakra ~ Space ~ Neck, Throat & Voice ~ Listening deeper
- 6th Chakra ~ Light ~ Eyes & Head ~ 'In-sight-fulness'
- 1-7th Chakra ~ Awareness ~ Whole body ~ Unfolding into Wholeness

*"Once you come into this literal body here then you find a space that is much bigger than your literal body.
It is quite clear that it is not exactly your literal body, but that is where the entrance is" - E. Gendlin*

Cost: £30 (booked in advance) or £35 (on the day).

To book please contact: info@yogatree.org.uk