

Energizing winter series workshop with Nancy Reyerts

Sunday 1st February 10:00 – 13:00

Ready to reboot your energy levels and bring renewed optimism into your yoga practice? Then join us for this active workshop to shake off that lethargic winter feeling.

This workshop contains 3 potent tools of yoga: pranayama, asana and self study to help you experience winter in a clear and bright way. Different groups of poses (standing, backbends and twists) are explored for their cleansing and uplifting qualities.

“Asanas maintain the strength and health of the body, without which little progress can be made. Asanas keep the body in harmony with nature” – BKS Iyengar

About Nancy:

Travelling by sailing boat across the oceans for 10 years made Nancy very aware of the effects of the external world on the mind. When at sea a feeling of complete focus, acceptance and calmness was in sharp contrast to what she felt when returning to land, the feelings of unrest and distraction. Yoga became the tool and path to explore this more deeply.

Yoga gives Nancy new energy daily and simultaneously the focus and calmness to contain this energy. “It enables you to stay active and yet quiet in everything you do.”

Nancy has completed the 3 year Iyengar yoga teacher training program. In her classes she brings the energy that her yoga practice has brought her, guiding the students safely towards the benefits that yoga brings.

Cost: € 35 – prepaid registration essential