

# Iyengar Yoga Haarlem

## Finding your balance workshop with Nancy Reyerts, Sunday 17th May - 10:00 - 13:00

In this workshop we will focus on how alignment can help you finding your mental and physical balance.

Being restless can disturb our inner balance. Working with balance is important in many yoga poses (arm balances, inversions and standing poses). The practice of which helps bring more equilibrium into our daily lives, a quality we become even more appreciative of as we age.

### THIS WORKSHOP INVOLVES:

Being firm, well supported and fully aware of your body in your asanas will allow the mind to become calm.

Balancing poses require a total involvement and leave little room for disturbances.

Balancing poses develop lightness, strength and agility and promote tremendous control over the body.

These poses develop muscle tone and increase coordination, concentration, and focus. By practicing outer balance you can cultivate your inner silence.

” It is through the alignment of the body that I discovered the alignment of my mind, self and intelligence.”

– B.K.S. Iyengar, Light on Life

Cost: 35 euro

prepaid registration into account no:

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