



# Yoga workshop with the chair

with Nancy Reyerts

Sunday, 4 October, 10:00 - 13:00

In this workshop we will explore the possibilities and benefits of the yoga chair. With the use of the chair we can direct awareness to different aspects of the asanas and to different parts of the body in order to deepen and enhance the understanding of our practice .

The yoga chair helps us to :

Perform asanas which are difficult to perform independently

Achieve and maintain correct alignment during the practice

Stay longer and relax in challenging asanas, in order to attain their full benefit

Study and investigate the asanas in greater depth

For further information or to reserve your place please contact us