



# Sunday workshop with Kerry Reinking

**15 November, 10:00 - 13:00**

In this workshop we will focus on the importance of yoga asana practice and its relationship to the core teachings of the yoga sutras of Patanjali.

With a regular asana practice we begin to transform on many levels (physically, mentally and spiritually). Let's now explore more deeply why our asana practice is so important for integrating yoga philosophy into daily life.

You will find more information about Kerry on our website. Please note that pre-payment is required to reserve your place (35 euro).