



Carrie Owerko från New York

9-11 juni 2017

fred: 18-20, Lörd 10-13, 15-17, sönd 10-13

Pris 1850kr

För att säkra din plats var vänlig att betala in anmälningsavgiften på 500kr till bankgiro 241-0603 eller swisha till: 123 452 0219, resterande belopp ska vara betalt senast 1 juni
If you are paying from abroad please use: IBAN: SE28 6000 0000 0005 5001 4772, BIC: HANDSESS

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Dynamic Alignment

What do we mean when we use the term alignment? How are we distinguishing between posture and alignment? And how does our yoga practice inform our everyday movement, alignment, posture, and perspective?

Our yoga practice can serve our capacity to live a more fully embodied life. And by cultivating a dynamic sense of alignment we can increase not only our awareness but our ability to respond or do things in a variety of ways. Because life is unpredictable and dynamic, we need to be able to respond to life's ever changing circumstances in multiple ways, depending upon what we encounter. Through an exploration of dynamic alignment we are better able to respond to life's many joys and difficulties with a stable, yet fluid, grace.

In this workshop we will look at alignment as a process of exploring how things work rather than getting too caught up in how they look (that is, function over mere appearance). In this way alignment is an expressive and optimal functionality that is sustainable over time. Come and play with the process of dynamic alignment.

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