

Rebirth & Rejuvenation



Zondag 5 april 2020

14.00 – 17.00 uur

Just as the Nature awakens to life in the Spring, so too our bodies & minds. Crave to align with the creative and rejuvenating energy.

In this workshop we will shed off the winter dust, release what got stagnated and ignite a purification process in the body and mind.

Through activating, detoxifying flow, cleansing breathwork, seasonal meditation and an energetic ritual of renewal we will awaken the energy and prepare a fertile ground for new habits, intentions and dreams to flower.

Expect to get some nutrition and self-care tips for the Spring season, to help you balance the energy and avoid tiredness, congestion and sinus infections, so common for this time of the year. Celebrate the beginning of a new cycle and enter the Spring feeling lighter, clear and vital.

Docent: Maszena Stanecka (de les is in het engels)

De kosten zijn 35 euro.
Inschrijven kan via info@yogamaarssen.nl.