

Relaxation XXL



Zondag 8 december 2019

14.00 – 17.00 uur

'In a deep relaxation you reconnect to who you truly are, to what truly matters, that's where you find the answers'.

As the days are getting shorter and darker, we might find ourselves low on energy, uninspired or down. This is the perfect time to withdraw, and cultivate the 'inner light & fire', nourishing yourself deeply from inside out.

In this workshop we will combine different techniques: breathing exercises, restorative yoga (gentle movements), sound bath with singing bowls, guided meditation and energy work to help you shift into the state of well being & deep relaxation. Maszena will also share lifestyle and selfcare tips to help you keep the winter blues away.

Counteract the effects of stress and learn the tools to elevate and stabilise your mood and energy for the winter months.

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

De kosten zijn 35 euro.

Inschrijven kan via info@yogamaarssen.nl.

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