

SIMON PARK

LIQUID FLOW YOGA WORKSHOP WEEKEND

Friday Avril 27th – Sunday 29th 2012



Simon Park

Simon Park began his Yoga journey in 1995 with Shiva Rea in the World Arts and Cultures Department at UCLA. Fast forward to the present where he was chosen by Yoga Journal as "one of the most influential and gifted, next generation of Yoga teachers". Dubbed "The Flying Nomad" by Shiva, he draws inspiration from road legends such as Keith Richards and Jack Kerouac. Based in Philly, he roams the planet in search of radical nature and revolutionary characters.



11, rue Guillaume de Machault L-2111 Luxembourg
www.yogaloft.lu info@yogaloft.lu
(+352) 26 25 97 90
T.V.A. LU 22232402
BLUXLULL LU24 0081 7170 8100 1003

Surfing The Vinyasa Wave

Experience the latest evolution of Prana Flow Yoga, the unique Vinyasa style of Shiva Rea. Dynamic asana, creative flows, and integrated pranayama as a moving meditation that will tune and tone you from the inside out while giving you the tools for navigating life's changes with grace, power, and confidence. We will explore several waves of multi-dimensional sequences- fluid sun salutations, backbends, arm balances and hip opening to understand the underlying flow of Prana.

Friday 27th April 2012 from 7.00 p.m. to 8.30 p.m.

INTRODUCTION CLASS

Saturday 28th April 2012 from 9.00 a.m. to 12.00 p.m.

JAI HANUMAN! INVERSIONS AND ARM-BALANCES

Inversions are empowering mudras that embody the best qualities of Hanuman, the archetypal heroic monkey: courage, fearless flying, pranic body of power, agility and light. Learn a pathway of flows within a powerful Vinyasa Flow workshop so that you can evolve to enjoying handstand in the center of the room with creative energy and empowered vitality.

Saturday 28th April 2012 from 2.00 p.m. to 5.00 p.m.

CHAKRA VINYASA

Focus on Backbends - Practice an accessible and universal approach to the chakra system within vinyasa that accesses the essential truths of our energetic body to live in greater alignment with our authentic flow. Experience a full spectrum practice dedicated to the elements and chakras, and how backbends such as Naturajasana, King Pigeon, and Scorpion are the perfect way to ignite the Chakras. Also, we will explore the effectiveness of sound and mantra to tune into these amazing energy center in our energy bodies.

Sunday 29th April 2011 from 10.00 a.m. to 1.00 p.m.

LIQUID FLOW YOGA

Restore Your Prana - Enjoy a slowly developing, flowing sequence of postures that are restorative in nature, yet heart-opening as well. Practice in a way that creates space in the joints and spine, and calms the nervous system. The movements are similar to the way tai-chi is practiced; slow, methodical and meditative. We will fluidly work toward deep hip-openers, liberating backbends, and calming forward bends moving toward deep relaxation.



11, rue Guillaume de Machault L-2111 Luxembourg
www.yogaloft.lu info@yogaloft.lu
(+352) 26 25 97 90
T.V.A. LU 22232402
BLUXLULL LU24 0081 7170 8100 1003

INSCRIPTION

FIRST NAME AND NAME: _____

ADRESS: _____

PHONE NO.: _____

E-MAIL: _____

DATE OF BIRTH: _____

DATE: Friday 27th April 2012 from 7.00 p.m. to 8.30 p.m

LOCATION: yogaloft
11, rue Guillaume de Machault L-2111 Luxembourg

PRICE: 1.5hrs. session 25€

DATE: Saturday 28th April 2012 from 9.00 a.m. to 12.00 p.m
 Saturday 28th April 2012 from 2.00 p.m. to 5.00 p.m
 Sunday 29th April 2011 from 10.00 a.m. to 1.00 p.m

LOCATION: Haus Am Becheler
15A, Am Becheler
Salle Polyvalente
L-7213 Bereldange

PRICE: 3hrs. session 50€
 2 x 3hrs. sessions 90 €
 3 x 3hrs. sessions 120€
 Full workshop weekend 140€

Please select the workshop you want to attend.

PRACTICAL INFORMATION: Simon teaches in English. Please bring your own mat. All levels welcome.

CONTACT: yogaloft (+352) 26 25 97 90
Isabelle Thill gsm 621 49 48 76
info@yogaloft.lu

To make sure that your place is reserved, please make the transfer before the beginning of the workshop. The payment is non-refundable.
Banque de Luxembourg IBAN LU24 0081 7170 8100 1003

11, rue Guillaume de Machault L-2111 Luxembourg
www.yogaloft.lu info@yogaloft.lu
(+352) 26 25 97 90
T.V.A. LU 22232402
BLUXLULL LU24 0081 7170 8100 1003