



# Yoga & Movement

## Traditional Yoga

The ancient teachings of Yoga lead to a deeper understanding and experience of the Yogic way of life. This class focuses on *asanas*, breathing, flexibility and strength to boost mental and physical wellbeing.

## Power Yoga

A full body workout targeting not only single muscles but all muscle groups, to enhance endurance, strength and flexibility and bring the body into balance.

## Yoga Nidra Meditative Sleep

A powerful ancient technique through the five layers of the self to achieve a deep meditative and uninterrupted sleep in an alpha state without dreams and disruptions.

## Healing Fingertips Workshop

Learn the power of hand mudras, and how deeply they are linked to our health. Mudras are done in conjunction with breathing exercises to help regulate the flow of energy throughout your body, improving things such as concentration, immunity, memory, energy, pain and more.

## Pilates

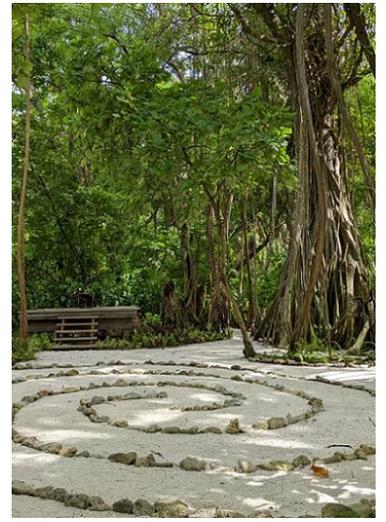
Low-impact mat exercises that aim to strengthen muscles and improve postural alignment and flexibility by focusing on core stabilisation, slow and precise movements, and breath control.

## Yoga Teacher Program 200-Hours 1<sup>st</sup> June 2022 till 21<sup>st</sup> June 2022

This official course is a spiritual journey of in-depth knowledge of the yogic philosophy, principles and lifestyle. It includes thorough and regular practice ranging from traditional Ashtanga to Sage Patanjali's Eight Limbed Yoga and Yin Yoga (a modern yogic art that combines Indian and Chinese cultural traditions).

The course covers topics such as yogic practices to purify and balance the five elements, as well as Surya Yoga, the powerful art of ancient warriors, saints and Yogis.

Upon successfully completing the 200-hour Yoga Teacher course, you are awarded two official certifications, one from the World Yoga Federation and one from Yoga Alliance International, through the Institute of Mindfulness, Yoga & Martial Science (IMYMS), an initiative of Global Wingfo Federation, accredited by Yoga Alliance International and World Yoga Federation.



# Mindfulness

## **Sufi Whirling Meditation**

A 700-year-old spiritual dance; this meditation is a search for peace and liberation. A personal and intimate experience channelled through whirling.

## **Kundalini Meditation**

An active meditation to release any type of tension and stress, awakening the dormant Kundalini life energy in the body and bringing about a state of full awareness.

## **Chakra Healing Meditation**

This meditation harnesses knowledge of the Seven Chakras and targets how to nourish them. Through the power of either sound or breath, it brings about positive change and removes blocks and barriers.

## **Dynamic Meditation**

An intense and deep journey to break old patterns in the body and mind, to facilitate freedom, serenity and peace.

## **Tree Hugging Therapy**

Utilising the extraordinary power of nature, tree hugging increases oxytocin, serotonin and dopamine levels, the hormones of calmness, love and happiness.

## **Intuitive Dance Therapy**

Letting the body move spontaneously activates several brain functions, deepening the connection between mind and body.

## **Pranayama Breathwork Therapy**

These ancient breathing techniques facilitate internal cleansing and increase Prana, bridging body and mind.

## **Mantra Chanting Therapy**

A unique form of healing with deep physical, mental and emotional benefits. Each mantra heals by resonating with specific energies in the body and allowing healing to happen.

## **Meditation Path**

A secluded pathway for walking meditation. The labyrinth is an ancient symbol of wholeness and represents a journey to our own 'centre', and back out again into the world. A designated meditation deck can be found for one's own practice.