

# STEP BY STEP YOGA

## Tuesdays 18:00-19:15



### Step by Step (16.01-13.02.2018)

This class will take you step by step through the foundation of yoga. It is for **Beginners**, taking first steps on the mat **as well as** those who seek **to deepen** their existing yoga practice.

Learn how to **be Independent** in your practice by understanding the Asanas, sequences, benefits, and thoughts behind the Ancient tradition of Yoga.

In each class we learn and deepen the following principles:

**Breath, Postures and Relaxation.**

**Find your Breath,** Connect & learn how to use our most powerful tool for life, health, and happiness.

**Strengthen your body, Challenge your mind.** Learn the postures of the Sun Salutation and combine them into a healthy, sustainable & personal flow and **Find your rhythm.**

**Let go.** Learn steps & Techniques to reach peace in between thoughts. Learn Relaxation & Meditation tools also for everyday life.

#### COSTS:

25.-CHF per class

or 100.-CHF for the whole course.

**Free for MARU DOJO MEMBERS**

Registration & Info: [MARUDOJO.CH](http://MARUDOJO.CH)

Check Shivani's Website: [SIVANDAGAN.COM](http://SIVANDAGAN.COM)