

yoga
pilates
treatments

primrose hill workshop

dive deeper, wonder more yoga, movement + live sound with Camilla Maling

'Adbhuta' is a Sanskrit word meaning wonderment. Wonderment is a state of awed admiration and respect. The frequencies of live sound (piano) coupled with creative movement sequences expand the yogis experience of wonder. Camilla will lead a journey into the experience of the body + the art of yoga. Flow between asana + dance inspired movement within a live acoustic environment. You will be invited to step aside your mat, challenge boundaries, increase awareness + find a unique physical expression for your spirit. Camilla will be joined by pianist Christin Rauter. All levels except complete beginners.

"The free movement really helped my yoga practice...when certain asana are frustrating, I work with movement, trying to understand how my body moves again, explore and find points of balance, fear, tension...it frees something up." Student, E. Papadakis

Camilla Maling has danced for as long as she can remember and it was this innate connection and passion for movement that led her to yoga. Yoga presented her with a clarity and depth that transformed both her experience and exploration into body awareness, freedom of expression and play. Camilla is an Anusara Inspired™ Hatha Vinyasa Yoga teacher, dancer and sound designer. Her classes combine the bio-mechanic alignment principles and heart oriented Tantric philosophy of Anusara Yoga™ with flowing Hatha Vinyasa sequences, dance inspired movement and sound. Students receive concise alignment information within a supportive and playful environment. Camilla seeks to stimulate the imagination and take her students on a journey, encouraging a deeper understanding of their body and spirit.

Sunday 3rd August 5.15 – 7.15pm £20

triyoga primrose hill
6 erskine road, london nw3 3aj
0207 483 3344 info@triyoga.co.uk www.triyoga.co.uk

