

yoga

pilates

treatments

everyone

triyoga

sunday workshop

duet with body + spirit

breath - the source of all movement, the dance of life

with Camilla Maling

Dive deeper with a combination of Anusara Yoga™, freestyle movement and partner work. Breathe and increase sensitivity. Learn how the breath can support you to challenge boundaries and guide you in a duet with Body + Spirit! This workshop is the first in a series exploring body awareness, celebrating the beautiful Anusara Yoga™ system and the power of your own freestyle movement.

"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

Anusara Yoga™ is yoga of the heart! The elegance, clarity and intelligence of Anusara is forever revealing new layers of understanding. With its spirals, loops, soaring lines, attitude, breath, fullness, depth, focus and intention, there is always somewhere to dance and someone to dance with. For all levels except complete beginners.

Camilla Maling is an Anusara Inspired™ Hatha Vinyasa Yoga teacher, dancer and sound designer. She has danced for as long as she can remember and it was this innate connection and passion for movement that led her to yoga. Camilla's teaching explores body awareness, freedom of expression and play. Her classes combine the bio-mechanic alignment principles and heart oriented philosophy of Anusara Yoga™ with flowing Vinyasa sequences, freestyle movement and sound. Camilla seeks to stimulate the imagination and take her students on a journey, encouraging a deeper understanding of their body and spirit.

Primrose Hill Sunday 17 February 5-7pm £20

triyoga 6 erskine road london NW3 3aj

to book call 020 7483 3344, email info@triyoga.co.uk or visit www.triyoga.co.uk