

ULRICA NORBERG

WORK SHOPS

6, 7, 8 of May 2019

Lucky Bodies
& Happy Souls
and Earth
Yoga proudly
presents

PRANA & PRANAYAMA

6 of May, 12.00-16.00 A workshop on energy, breath and how one can use to breath to mobilize energy and balance body, mind and spirit. Ulrica will guide you through a well thought out flow where the breath play an important part. How we can strenghten and balance the mind, as well as increase stamina and flexibility in our body. You will explore breathing as a mean towards greater health and happiness. Ulrica has studied Pranayama for over 20 years and she blends her insights and knowledge with her scientific passion for the human brain and anatomy.

MANTRAS & MUDRAS

7 of May, 12.00-16.00 How can one mobilize strenght despite feeling weak? How can one overcome obstacles in mind and spirit? How do one set out to move from coping to living a more purposeful – towards a life with greater intention? Mudras and Mantras as powerful tools which could help you moving through challenges easier and to create greater clarity in mind and spirit. Ulrica will share her knowledge on what mudras and mantras can do for our life improvment. How they can be a vehicle for healing as well as for heighten ones health. This workshop involves asana, kriya, pranayama and meditation.

ALIGN YOUR FLOW - ALIGN YOUR LIVING

8 of May, 12.00-16.00 Many people talk about alignment these days. Can one overalign? Why alignment? How do we align the body, mind and spirit? Together and separately? Here is a day filled with practice. Inquiry. Investigation. Pausing. Listening. Building. With the intention of finding flow. A flow for YOU. Where you can feel life throughout and in every cell. Lets set out to explore together. The connection between anatomy and structure and letting go and move. Lets look at this relationship. Ulrica guides us through both Vinyasa flow, restorative yoga and meditation.

SIGN UP!

PRICE: 70 FOR 1 - 180 FOR ALL 3

AT LUCKY BODIES & HAPPY SOULS OR EARTH YOGA

PHONE: SARAH ELFVIN 674 085 065

EMAIL: SARAH@LUCKYBODIES.COM OR INFO@EARTHYOGA.ES

LOCATION: EARTH YOGA, CALLE DESPUIG 34
SANTA CATALINA



ARRANGED BY:

