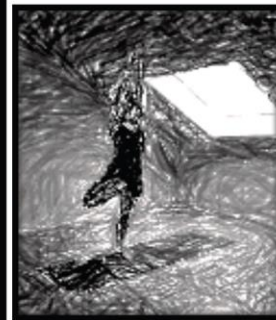


**BACK TO THE SOURCE : A YOGA BASICS WORKSHOP**



**NEW TO YOGA? NEED A BASICS REFRESH? COME JOIN!**



**SATURDAY SEPTEMBER 3, TEMPLE DU YOGA, NYON  
15 :00 – 17 :00; CHF30 SIGN UP: [juliette@juliettesyoga.org](mailto:juliette@juliettesyoga.org)**

**BACK TO THE SOURCE - A  
YOGA BASICS WORKSHOP**

*In this workshop, suitable for all levels, we will literally return to the source; the idea being to offer a return to the basics of our practice. We will start with pranayama (breath) techniques and then spend some time breaking down several common asana (physical postures) with a focus on detailed alignment; to finish there will be a guided meditation and relaxation. There will be less flow than usual however questions will be encouraged as will a willingness to explore the feeling body.*