

# **EXPLORE THE INNER LANDSCAPE -**

## **A journey through the koshas**

**A yoga workshop with Juliette**

***Join me in unravelling the layers of the body, just like the peeling away of the petals of the flower.***

*'These are the layers you need to negate constantly (the koshas)'*

*- Sri Dharma Mittra*

***In this workshop we will delve deep into the mind-body network exploring our inner landscape to create stability and balance from the outside inwards. The koshas are 5 psychic layers of the bodies acting as a road map to shift awareness from matter to breath, from breath to thought to find inner stillness.***

***A mindful asana practice will get us into the physical body, a pranayama practice to address the breath body, mindful compassion based meditation to organise the mind, venturing toward bliss state with some deep relaxation tools, restorative yoga and guided relaxation.***

**Saturday 26th November**

**Temple du Yoga, Nyon**

**15:00-17:30**

**Chf30**

**Sign up :**

**[juliette@juliettesyoga.org](mailto:juliette@juliettesyoga.org)**

