

SEEKING THE SUN !

~ A summer yoga workshop with Juliette ~

'From perfect discipline of the sun, one has knowledge of new worlds'

Patanjali 3:26

Focussing on the sun as centre both in nature and within, we will explore sun-centred themes & imagery practices in meditation & pranayama woven through a mindful, vinyasa flow practice. Exploration in the practice will encourage opening towards the sun both joyfully outwards and centring within. The flow will be soft and meditative to encourage reflection. The yang, expansive energy of summer will be balanced with cooling moon practices including pranayama and restorative postures to finish leaving refreshed & balanced with a sunny outlook ready for summer.

SATURDAY JUNE 25TH 15:00-17:30

TEMPLE DU YOGA, NYON

SIGN UP: juliette@julietteyoga.org