



# Yoga Dance Flow Workshop

**Place:**

Surfdale Hall  
6 Hamilton Road Surfdale, Waiheke Island

**Date/time:**

18th of February 2012  
1.45-2 pm arrive/register  
2 - 4 pm workshop

**About Yoga Dance Flow:**

Using Ashtanga Vinyasa Yoga elements together with music we create a unique and joyful atmosphere. This style is a great combination of a dynamic practice and a gentle, more meditative approach.

During the workshop you will have a chance to learn movements which will help you to discover the rhythm of your own body. Using the Vinyasa method - linking the movement with the breath - a deep meditative state can be achieved where you

can experience a deep release of tension as well as rejuvenation.



***“ By joining yoga movements with music the whole practice will become more fluid, more joyful.”***



**The workshop is complimentary. Please register/book in by e-mail:**

***viktoria.yogatherapy@gmail.com***