

27 December, 17.30-20.30h

End-Of-The-Year Special:

Nourish Your Soul

At the end of this year, take time and space to reflect on what you created this past year, connect to your needs, priorities and your embodied inner wisdom, nourish your soul. Surrender to the ever-present breath and your inner foundation. Not rushing anywhere but allowing yourself to be, with yourself. Thereby harness and reconnect to your own strength, lightness and creativity - planting seeds for your new year.

In this unique session Maxi will first guide you through a **meditation** to allow you to observe and be present with what is and also to what is important for you.

From there we will harness space through specific breath awareness techniques (**pranayama**).

Eventually we will wake up and attend to our inner landscapes by a **special guided moon sequence asana practice**, balancing the yin and the yang, altogether fostering roots, space and clarity within ourselves.

This session is suitable for practitioners of all yoga traditions.

Prior to the session you will receive a workbook to help you reflect over your last year and to connect to what's important for you and what you want to see blossoming in your life.

Investment:

€25 members of our yoga school, €30 class card holders, €40 visitors to our school

Registration:

maxi@ashtangaingroningen.com