

Vayu Aerial Yoga Workshop



Vayu in Sanskrit means air, expansion, God of the wind inspired by these thoughts we will have a workshop to share these practice with all of you!

Come and play with us!

October 22nd to the
29th, 2011

Samasati Retreat
Center
Limon, Costa Rica

www.samasati.com

with
Ana Prada

IN THIS WORKSHOP WE WILL EXPLORE THE AIR, HANGING IN DIFFERENT YOGA ASANAS, LETTING THE GRAVITY AND SUPPORT FROM THE FABRIC RELEASE COMPRESSION, OPENING JOINTS WORKING FLEXIBILITY IN A NOT FORCEFUL WAY, ALLOWING THE BODY TO CONNECT AND OPEN. ASANAS (POSTURES) ARE PRACTICED WITH A FOCUS ON BREATH, ALIGNMENT, RELAXATION, AND MEDITATION.

OPEN TO ALL LEVELS - OCTOBER 22-29TH 2011

**THIS WORKSHOP WILL TAKE PLACE IN THE BEAUTIFUL SAMASATI NATURE CENTER IN LIMON, COSTA RICA
WWW.SAMASATI.COM**

YOU WILL LEAVE INSPIRED AND ENERGIZED!!

PRICES STARTING AT \$1115 ALL CLASSES, ACCOMODATION, AND 3 MEALS INCLUDED, SPECIAL DISCOUNT FOR LOCALS. FOR MORE INFO CONTACT ANA AT: INFO@ANA-PRADA.COM / WWW.ANA-PRADA.COM