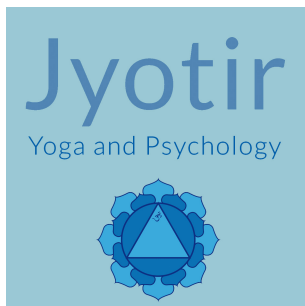


Sattva Yoga Workshop with Hamsa

19th - 20th January, 2019



Studio Jyotir,
Viale Piave 13 - Mi



www.studioyogapsicologia.com

Hubert de Tourris, Hamsa, founder of Sattva Yoga Chamonix, www.sattvayogachamonix.com, studied Ashtanga Vinyasa originally with Gustav Björkman and mainly with Mark Darby; he's been certified by Sheshadri in Mysore. He's also been certified by Sri Dharma Mittra, NY. Hamsa is a Kriya Yogi practicing the original form of the Babaji Kriya Yoga, directly from the Lahiri Mahasaya lineage. Since his young age when he had a mystical experience, Hamsa seeks freedom in his spiritual path of Self-realization, combining Yoga and Ayurveda.

Saturday, 19th January

09:30 - 12:00: Ashtanga Vinyasa practice with focus on breath and meditation

15:00 - 17:30: Dharma Mittra inspired intense Vinyasa

Sunday, 20th January:

09:30 - 12:00: Ashtanga Vinyasa practice with focus on breath, grounding and bandhas

15:00 - 17:30: Integrating theory into Ashtanga Vinyasa and Dharma practice with Q&A

Total workshop/4 classes: Euro 180
Early bird within 31st Dec.: Euro 150
Single Class 2 hrs: Euro 50
For any information write to:
gaia.sattva@gmail.com

The fees can be paid through a bank transfer:
Jyotir S.S.D. A R.L.
Hamsa Workshop
c/c: IT62P0303201616010000141304

ॐ We are looking forward to seeing you soon! Om Namaha Shivaya! Gaia & Hamsa ॐ