

# Integrating through your asana Workshop

Would you like to absorb the full benefit from the quality movement of your own breath?



Do you want to avoid compensations, when unsure in the posture?



Do you want to train the correct muscles and prevent injuries?



Most injuries in practice come from using compensations or incorrect breathing. Come to discover how to move safely into and through asanas, whilst preventing disbalances.

## Schedule:

Grounding & Meditation, pranayama (20mins)  
Working with props & staying for longer periods in selected asanas (30mins)  
Slow flow, integrating what we learnt (20mins)  
Restorative & Savasana, absorbing benefits of practice (20mins)