

# PEACE YOGA WORKSHOP SERIES 瑜伽研习课程



Date	: 24 October 2010 (Sunday)
Venue	: PEACE @ Molek
Teacher	: Foo & Annie Kong
Prices	: RM 300.00 – 2 Sessions (Early bird register before 30 Sept 2010) RM 200.00 – Acroyoga RM 150.00 – Open to Grace (Backbend)
Who shall join	: Open to all practitioners of all level
For Register	: 016 7764 808/ 012 710 8466
Email	: mgn@ompeace.com.my
Website	: www.ompeace.com.my

*\*\* Attendance Certificate will be given to those participants who are complete 2 sessions. \*\**

## **Acroyoga**

**07.00am – 09.30am**

As the name suggests, acroyoga blends the spiritual wisdom of yoga, the dynamic power of acrobatics and the loving kindness of Thai massage. These three elements form the practice that cultivates trust, connection and playfulness. The journey begins and ends in a circle. We come together as equals to co-create harmony, joy and community. Moving, breathing, and sounding as one, we open to one another. Then we will explore the partner acrobatics which is most dynamic expression of acroyoga. Greater levels of risk amplify the need for heightened trust, concentration and presence. With proper technique, many seemingly impossible feats become not only possible, but fun. Finally we will enjoy a simple Thai massage which is a healing art that restores balance to the body. It is rejuvenating for both the giver and receiver, as it focuses on the cultivation and transmission of loving kindness. Channeling the warmth of the heart into the hands, it uses passive yoga stretches to open energy lines in the receiver and finally offering all their gratitude to their partners and all who participate.

## **Open to Grace (Backbend)**

**11.30am – 02.00pm**

We will explore backbend poses using Anusara techniques.

*Anusara (a-nu-sar-a), means "flowing with Grace," "flowing with Nature," "following your heart." Anusara yoga is a school of hatha yoga, which grounded on Tantric philosophy of intrinsic goodness. An elegant, concise set of alignment principles called the "Universal Principles of Alignment™" is applied to each asana. The poses in Anusara yoga are considered to be "heart-oriented," meaning that they are expressed from the "inside out." Instead of trying to control the body and mind from the outside, the poses originate from a deep creative and devotional feeling inside. . Therefore the method is designed to serve students of any level of experience or ability, from beginners to advanced practitioners. This is applicable for those who are new and to those who wants to deepen their backbend poses.*

