



YOGA – COMPOSITION – DANCE

Breathing – the basis of life.

Giving and receiving.

Expansion and contraction – within every singular cell.

Every single cell is breathing, life itself is based upon expansion and contraction.

Breathing, the awareness of breathing, is the base of getting to know oneself, it's the basis of working with oneself. The more we become aware of this and accept this experience and integrate it into our daily life, the more we will live, love and share-- it's all about sharing the experience...

A. Lamprianidou will cover three aspects of life:

The Art of Dance, Choreography, and Yoga.

The class will be a course in yoga-composition. After a short training with techniques in Kundahlini, Bakti, Hatha Yoga and contemporary dance, the participants will develop in a playful way a short yoga-composition, which will include choreographic skills, such as duration, rhythm and time.

It's free to all so come share this experience!

In India the course is running from:

18-21.01.2014 from 8.3h-12h at good karma beach resort price: 60€ 4 days.

One class is also possible possible: 10€

www.2011.om-india-om.com/de_resort.html

Please register by sending an email to Daniela: shivamoon2006@hotmail.com,
or angelabrillante@gmail.com

Angela Lamprianidou
wartburgstrasse 47-10823 berlin
www.lamprianidou.com
+4917663459337