



Vayu Aerial Yoga Workshop

Bocas del Toro, Panama
at Genesis Creative Center
february 21-23 -2014

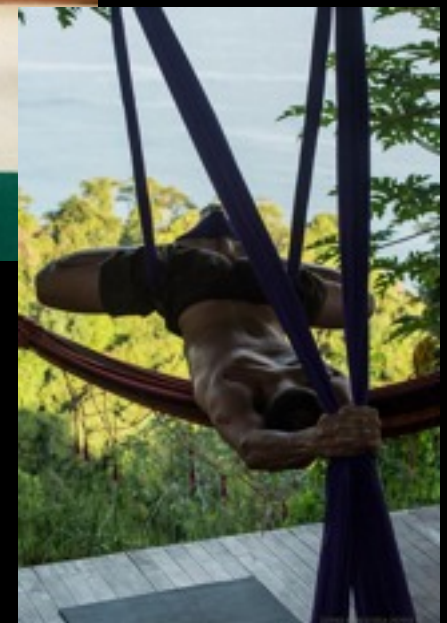
Vayu Aerial Yoga, is a practice that has been developed to create space mentally and physically, by opening up the body through various postures. Using the support of the swing we are able to challenge the body moving through various postures, as well as allowing the nervous system to relax, encouraging a letting go into complete surrender. Inverting the body while suspended in the air not only provides many physical benefits such as spinal decompression, it also expands the mind by creating confidence, overcoming fear and allowing a change in the standard physical perception. We are able to explore this found freedom and awaken our inner child bringing a playful light energy to our hearts. It is truly the experience of a floating meditation.

Open to all levels, no experience necessary!
This workshop will be lead by Ana Prada
for more info go to www.ana-prada.com

Time: friday 21st 13h-15h
sat-sun 22-23 9.30-11.30 am

cost: \$110 for 3 days or \$50 drop in classes

Space it's limited so reservation it's required.



for more information contact:
66860235-7579308

www.vayuaerialyoga.com
contact@vayuaerialyoga.com