



YOGA-WEITERBILDUNG

The whole body-breathing Following the teaching of Vanda Scaravelli

The unfolding of the body will go along with the unfolding of the breath supported by a slow and meditative approach.

Vanda Scaravelli, the author of *Awakening The Spine*, developed a revolutionary approach to yoga, where we learn to surrender to the external pull of gravity, and by being touched by the ground we regain the physical sensation of our back, our front and our two sides. Our whole body.

Our breath will help us in this unwinding journey as how the whole organism learns to stand between Earth and Sky. This whole practice is about reassembling the scattered pieces into one wholesome unity. It will take us, step by step, to a fuller and clearer awareness.

The sessions will incorporate some Feldenkrais movements towards facilitating a playful and different experience of yoga positions.

Lecturers:

Sandra Sabatini was a student of Vanda Scaravelli and has been teaching yoga for 44 years.

Michal Havkin has been teaching modern dance, Feldenkrais and yoga for over 40 years.

Together they have been giving yoga classes in Europe, USA, Israel and India for the past 18 years.

(further info: www.sandrasabatini.info)

Language of teaching: English

Mehr Infos und Anmeldung:

Yoga Austria-BYO | office@yoga.at

Telefon: 01/505 36 95 www.yoga.at

Zeit: 8. - 10. 10. 2021

Freitag: 18.00 – 20.00 Uhr

Samstag: 09.00 – 12.00 und 16.00 – 19.00 Uhr

Sonntag: 09.00 – 12.00 und 15.00 – 18.00 Uhr
(= 19 Unterrichtseinheiten à 45 Minuten)

Ort: zeiTraum, Bandgasse 34/29c
(Ecke Burggasse), 1070 Wien

Seminargebühr - Early-Bird bis

27.08.2021: € 203 MA*/€ 225 M*/€ 248 KM*
Kosten nach dem 27.08.2021:

€ 225 MA*/€ 250 M*/€ 275 KM*

* MA = Mitglied in Ausbildung BYO/EYU,

M = Mitglied Yoga Austria BYO, KM = kein Mitglied

Tipp: Yoga Austria - BYO ist „wien-cert“ und anerkannter waff-Bildungsträger!