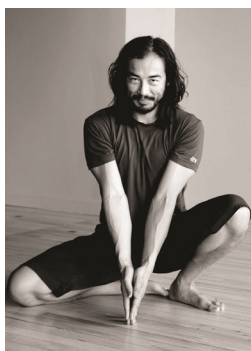




PRANA FLOW
energetic vinyasa

www.shivarea.com

ALKIMIJA GIBANJA: ELEMENTAL PRANA FLOW® MASTER CLASSA Z ROBERTOM LIM



SOBOTA, 18. oktober, 9.00 - 11.00,
masterclass **'VZPOSTAVITEV POVEZAVE Z ZEMLJO',**
Studio TELODROM, Kolarjeva 45a, Ljubljana - Bežigrad

Vzpostavitev povezave z zemljo - Poudarek masterclassa bo na elementu zemlje, ki je pomemben za vzpostavitev povezave z naravnim ritmom Zemlje. V praksi se na element zemlje navezujejo noge in kolki, katere bomo v okviru celostne ure tako odpirali kot krepili.

"Connecting to the Living Earth Body" - This practice focuses on the earth element which is important especially for urban yogis & yogini for re-embodiment to the natural rhythm of the earth. The hips and the legs which correspond to the earth element will be opened and strengthened in this full-spectrum practice.



NEDELJA, 19. oktober, 18.00 - 20.00,
masterclass 'ODPRI SE ENERGIJI ŽIVLJENJA',
Center veščin Trans4mator, Glinška 6, Ljubljana - Vič

ODPRI SE ENERGIJI ŽIVLJENJA - Poudarek masterclassa bo na elementu ZRAKA, kateri se manifestira v telesu kot gibanje, pulziranje, odpiranje in zapiranje. Prana je osnovno načelo elementa zraka, ki se premika od celice do celice v zavestnem gibanju. Že s prvim dihom nas jogijska praksa odpiranja srca z zakloni povabi, da začutimo sočutje od sebe in vsega okrog nas.

"Awakening to the Flow of Our Life Force" - This practice focuses on the air element which manifests itself in the body as movement, pulsation, expansion, and contraction. Prana is the basic principle of the air element and moves from cell to cell as the flow of consciousness. Beginning with the first breath, this backbending & heart-opening practice invites self-compassion and nurtures the ability to sense & feel in all directions.

Več informacij o masterclassih z Robertom Lim, prijava ter plačilo:

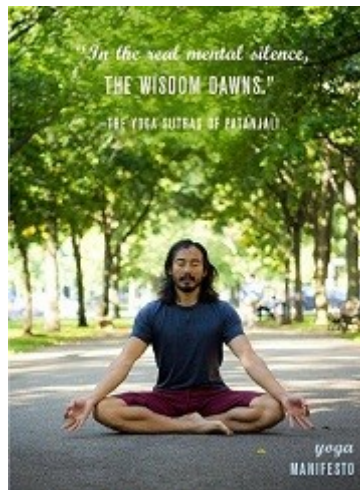
*pri Bojani - 041 834 319, www.bofit-gibalnica.com, www.jogado.com ali
pranaflowslovenija@gmail.com*

Energijska izmenjava za posamezen masterclass:

- *do 17. oktobra: 20€, oba skupaj 35€*
- *na dan delavnice: 25€ oz. 40€*

Prana Flow® is the evolution of energetic vinyasa to realize and enhance the flow of our life. Elemental Prana Flow is an evolutionary path for activating, balancing and nourishing the flow of yoga in daily life. All levels are welcome to these master classes which include asana, pranayama, chanting & meditation. Več informacij o prana flow jogi: www.shivarea.com

ŠTEVILO MEST NA MASTERCLASSIH JE OMEJENO, ZATO POHITI S PRIJAVO!



Roberto Lim: Roberto is a Senior Prana Flow yoga teacher who has been assisting Shiva Rea at teacher trainings and retreats since 2006. He travels internationally and offers Prana Flow® yoga because the style deeply resonates within him through: its heart-centered synthesis of breath and movement; its roots in the arts and traditions of Bhakti, Tantra and Ayurveda; and its incorporation of other forms of movement and music to facilitate conscious self-evolution. Roberto is deeply grateful to Shiva Rea who is a constant source of inspiration and taught him to "follow the path of the Radiant Life Force," and to his other teacher Paul Muller Ortega with whom he studies the non-dual Tantra of Kashmir Shaivism and the practice of Neelakantha Meditation. One of his favorite quotes is "A great flame follows a spark."

Visit www.robortolim.com for a schedule of classes, training & retreats.