

Workshop ATB

22. Juni & 23. Juni 2019



Yoga Loft Innsbruck
Sebastian-Kneipp-Weg 17
6020 Innsbruck

YOGA *Loft*
I N N S B R U C K Das Yogastudio

Introductory Session – two half days of exploration through fun games and activities to give a taste of the spirit of “awareness through body”. ATB has been implemented in Auroville by Aloka Marti and Joan Sala. Based on their personal experience following the integral education and the spiritual path of integral yoga of the Mother and Sri Aurobindo. ATB offers a space and a tool to increase and cultivate our capacity to be present...

Attention and Concentration: Exercises to direct and focus attention, building the capacity for concentration. **Breathing:** Activities to develop awareness of the breath and how breath affects the different parts of the being. **Sensory awareness:** Explorations that help to open and refine the senses. **Relaxation:** Enhancing the capacity to consciously enter physical, emotional and mental relaxation. This workshop leads the participants to experience the existence of an inner and outer space, being present in both simultaneously.

Sa 22.6. 14–18 Uhr

So 23.6. 9–13 Uhr

Ausgleich: 180€

Anmeldung erbeten:
atbimloft@posteo.de

Weitere Informationen:
atbwithamir.com
awarenessthroughthebody.wordpress.com

Bitte bequeme Kleidung,
zu trinken und ev. eine
kleine Jause mitbringen!
Der Workshop wird in
Englisch abgehalten.

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