

# Yin Yoga Workshop (2 days)

## Lila Lotus Stockholm

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November 9-10, 2018

### YIN YOGA & THE ENERGY SYSTEM WORKSHOP - IN ENGLISH

During this Yin Yoga Workshop Anouk will take you into the world of Yin Yoga; a calm, balancing and profound practice. During this workshop you will get a better understanding of the energetic effects and benefits of Yin Yoga practice.

On Friday evening there will be an introduction to the basic principles of the Yin Yoga practice and soon after Anouk will guide you into a very relaxing and soothing Yin Yoga practice.

On Saturday morning we will first take a dive into some (interactive) theory of the Chinese Five Elements and the Meridian System. Then after a short break we will continue with Yin Yoga practice, in which Anouk will guide you going through all of the Five Elements and main Meridian pairs, explaining the energetic benefits for each of them.

This workshop is suitable for everyone who is interested in Yin Yoga; for all levels of practitioners - beginners also welcome!

### PRACTICAL INFORMATION

Dates:

Friday 9th of November 2018 &

Saturday 10th of November 2018

Times:

Friday 17:30 - 20:00

Saturday 9:00 - 13:30

Place:

Lila Lotus, Birger Jarlsgatan 93

Price:

1200kr (120€)



## ABOUT ANOUK

Anouk is a certified Yin Yoga teacher from Amsterdam, The Netherlands. Currently she lives and works mainly in Finland. She is passionate about Yin Yoga and devoted to sharing the teachings from Paul Grilley with as many souls as possible.

She completed her Yin Yoga & Chakra Study teacher training (RYT 200) in Amsterdam with Anat Geiger, Johan Noorloos and Marcel van de Vis Heil. To deepen her knowledge of the functional anatomy in Yin Yoga, she soon after completed her Yin Yoga & Anatomy Immersion (RYT 100) with José de Groot. Her teachers Anat and José have been senior assistants of Paul and Suzee Grilley for many years now.

In her yoga classes she wishes to show people that yoga does not need to be fuzzy nor complicated, but that yoga practice offers something to everyone and that with regular practice it can give you a more beautiful, richer and more balanced life. Anouk teaches in a manner that is open and accessible to everyone; beginners and more advanced yogis. Her classes are marked by softness, a lot of individual care and attention and sufficient space to explore and push your physical as well as mental boundaries in a very gentle way. With her Yin Yoga classes Anouk hopes to give her students inspiration and courage to bring the principles of Yin Yoga off the mat and into real life, as that is where our real yoga practice begins.

Anouk also works as a Yoga Therapist, Reiki Healer and Life Balance Coach.