

Yin Yoga & Meditation Workshop

November 8th-10th

“CROSSING THE RAINBOW BRIDGE” YIN YOGA & MEDITATION WORKSHOP with Anouk (teaching in English)

Crossing the Rainbow Bridge

During an indulging and relaxing weekend workshop (3 days) we will cross the Rainbow Bridge. We will embark on a colorful journey through the chakras (the energy centers of our subtle body) by a rich combination of chakra theory and Yin Yoga & Meditation practice.

The Rainbow Bridge is mythical metaphor for the development of human existence. Each of the seven chakras corresponds with a color of the rainbow. Each color indicates one of the seven stages of consciousness that we humans can reach. Returning to the myth of the Rainbow bridge allows us to reestablish and deepen our connection to our own essence and enables us to place the inner work we do within a broader whole.

During this workshop we aim for a deeper understanding of our chakra system and how it affects our lives, so that we'll be able to identify imbalances in our lives more easily. Over the course of the weekend, we will cover some basic chakra theory and indulge in Yin Yoga & Meditation practice. Anouk will guide you through these practices with the aim to offer you simple tools/techniques to connect to your energy system and balance the chakras. With a deeper understanding of the workings of the chakras, we are more capable of balancing our lives and to welcoming opportunities for healing, personal growth and transformation.

This workshop is open and accessible to all; beginning as well as more experienced (yin) yogis are super welcome to join!

Weekend Program

Friday, November 8th: 18:00 – 20:00

- ✦ 18:00 Workshop Opening
- ✦ 18:30 Yin Yoga practice for the Chakras
- ✦ 19:30 Chakra Meditation

Saturday, November 9th

- ✦ 11:00 – 12:00 Introduction to the Chakras (theory)
- ✦ 12:00 – 13:30 Yin Yoga practice for the Chakras
- ✦ 13:30 – 14:00 Break
- ✦ 14:00 – 15:00 Chakra Meditation & Chakra Reading introduction

Sunday, November 10th

- ✦ 11:00 – 12:00 Continuation of Chakra Theory
- ✦ 12:00 – 13:30 Yin Yoga practice for the Chakras
- ✦ 13:30 – 14:00 break
- ✦ 14:00 – 15:00 Chakra Meditation & Chakra Healing introduction

PRACTICAL INFORMATION

Date: November 8th-10th

Times:

Friday 18:00 – 20:00

Saturday & Sunday 11:00 - 15:00

Price: 1.750 SEK

Place: Lila Lotus yoga & massage, Birger Jarlsgatan 93, Stockholm

ABOUT ANOUK

Anouk is a certified Yin Yoga teacher, originally from Amsterdam, The Netherlands. She nowadays lives in Helsinki and works and teaches 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 (NL) 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 at Delight Yoga Amsterdam. Her main 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 Life Coach, Yoga Therapist, Chakra Reader & Reiki Healer.