

SATURDAY

9:00 -10:30 Yoga practice

10:30 -11:30 Breakfast

11:30 -1:30 Creeating balance.

*Wich factors limit my range of
movement? How can i practice to promote health and
preent injuries? Wich postures benefit me and wich
ones creat unbalance in my body,?*

1:30 – 2:30 Free time.

2.30 – 4:30 Practicing the 3 “R”

Release,relax,restore with breath

And meditation.

4:30 Snack

5:00 -6.00 Relax your fascia and partner work.

SUNDAY

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| <i>9:00 – 10:30</i> | <i>Yoga practice.</i> |
| <i>10:30 – 11:30</i> | <i>Free time</i> |
| <i>11:30 – 1:00</i> | <i>Liberating your spine.</i> |
| <i>1:00 – 2:30</i> | <i>Lunch</i> |
| <i>2:30 -4:00</i> | <i>Self -care practices of Ayurveda, daily Health habits. Closing the workshop.</i> |

PRACTICAL INFORMATION

Style, levels and focus.

My yoga style is a blend of many styles of yoga, many years of home practice ,20 years of teaching .I continue to explore the ways to creat a style that Works for me and wich inspires students to practice in a way that integrates body,mind and spirit,resulting in a sense of renovation, integration and expansión,with an energized body and a quiter mind.

All levels are welcome,please let me know before registeringif you have any delicate health conditions

and we will discuss if this is a convenient workshop for you.

We will focus on many subjects, depending on what we are practicing but always the main focus will be:

1.- Being present with the moment to moment experience.

2.-Listening and connecting with one's sensations, attention to the outer(wich always has an effect on the inner) and exploring, discovering, learning and knowing your Being through the different practices that you will experience.

3.-Caring and listening to your own needs.Meeting others from a place of apreciation, respect and curiosity .Having fun,while learning from yourself and others,and practicing being present ,receptive and open.Celebrating life!!!

For this workshop you will need:

-Yoga mat

-Comfortable clothing

-Water

-Pen and paper

-No pets, please.

-No smoking

-No perfumes or strong smelling beauty or cleaning products.

We will share our meals together at Mi Jardin. In your free time you can walk on the beach, explore Troncones, or stay in, read, rest and do nothing else at Mi Jardin.

If interested, please visit my web site and you can read the interview and testimonials.

PAYMENT

To reserve your spot please deposit to:

Anabel Cárdenas Dugal.

Santander

Cuenta 56511063545 ventanilla

014180565110635457 Clabe

POLICY OF CANCELATION

If for any reason you can't attend , cancel by the 15th of March for a full refund of your payment.

I hope i have the opportunity to share this workshop with you, if you have any questions ,feel free to contact me at this email address.

Namaste

Anabel