

Information & Registration

If you have any questions about the course or would like to register, please contact Ramela:

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Address:

Innerspace Studio
Elandsgracht 105 (1st floor)
1016 TT Amsterdam
(entrance around the corner, in the Derde Looiersdwarstraat)

Website Innerspace: www.yogapractice.nl
Info Innerspace: shirley@yogapractice.nl



Vijnana Yoga

Practicing from inside



Introduction Course

12 classes starting September 2018
in Innerspace

About Vijnana Yoga

Yoga is Yoga. It takes place in the body. It's simple and you don't have to go far.

Vijnana Yoga is practicing, feeling and understanding - from the inside.

There are many yoga styles... what is practicing from the inside?

Vijnana means understanding or discerning. Relaxing the body, quieting the mind and moving from the direct inner intelligence of the body are fundamental in Vijnana Yoga. The asanas are performed slowly and consciously, feeling and observing with patience and awareness.

Each class is complete with sitting (Meditation), breathing exercises (Pranayama) and physical yoga postures (Asana). There is a combination of alignment and flow that allows you to practice safely and build heat.

The course is suitable for beginners and experienced yoga practitioners.

Ramela Schulien, Justin Gosker and Milou Vervaart are 3rd year students of the 800h Vijnana Yoga Teacher Training given by Shirley Woods.

Dates:

Saturdays 10:30 am - 12:00 pm, beginning 1 September

Sept 1	Oct 6	Nov 3	Dec 1
Sept 8	Oct 13	Nov 10	Dec 8
Sept 15	Oct 20	Nov 17	Dec 15
Sept 22	Oct 27	Nov 24	
Sept 29			

Price:

Single class = €10.00
6 class card = € 50.00
Full course (12 x) = € 90.00

Please arrive 5-10 minutes before class so we can begin on time

A light breakfast about 2 hours before class is recommended.

Wear comfortable clothing that is not too tight or too loose.

Bring your yoga mat (it is possible to borrow a mat in the studio)

