

# YOGA

I N K I L C H B E R G

## Shadow inspired Yoga

Led by Michal Sharon-Nahum, a certified yoga teacher

What happens when movement, breath and awareness are brought together?



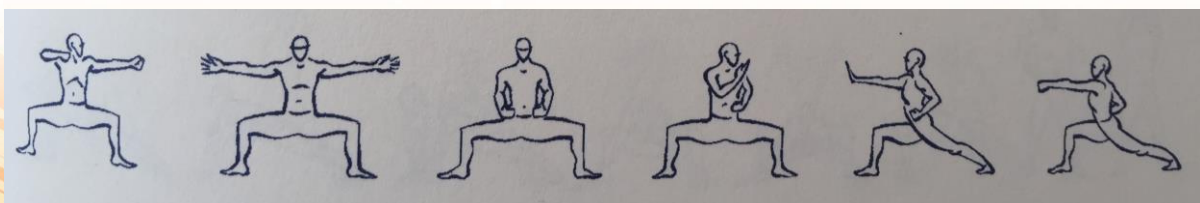
The school of Shadow Yoga introduced by Shandor Ramate, is distinctive in its use of preparatory groundwork, in the form of dynamic sequences, or “preludes”.

The preludes particularly build leg strength, involve a lot of turning and nonlinear movements. It includes familiar yoga postures and intertwine elements of martial art, creating a beautiful meditative dance.

The effects of this practice will be felt in breaking down tension in the body whilst building stamina. The flow of the sequences while focusing on the breath will work to calm and quieten the mind.

I wish to invite you to experience a different style of yoga to uncover and reach your “yogic” being. It requires a commitment (not flexibility) and we'll start from the beginning.

**Wednesday 12.00 – 13.15**  
**Sunday 18.00 – 19.30**



YOGA IN KILCHBERG

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