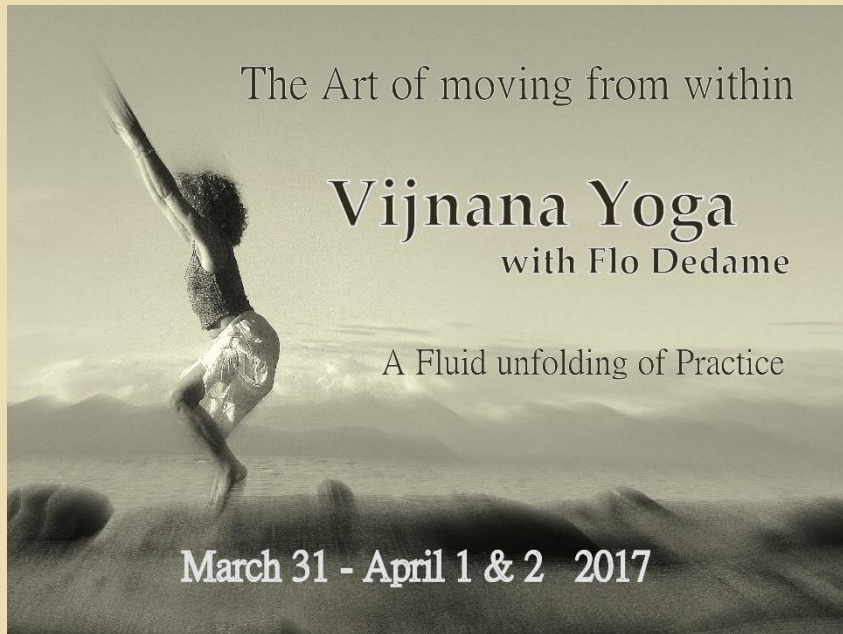


# Vijnana Yoga



In the Vijnana tradition, we cultivate a way of listening and tuning in to the subtle layers of our being. In the course of our 3 progressive days of practice together, we will lay the foundation that is essential for this quality of awareness to be brought to inquiry.

Vijnana yoga shows that the wisdom of experience can be reflected in the body, and that our experience of life and its vividness can deepen more, not less as we age.

It is open to all bodies and to anyone who suspects that there is a link between the quality of our body& mind and our ability to meet the world with steadiness and care.

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A Vijnana born practitioner, Flo has been teaching for 16 years. She is leading a teacher training in Canada and is sharing the joy of Practice with all of those who feel curious about looking in depth into movement and its "effortless quality".

She brings insight into the concept of tensegrity in the body and how it can affect our way of moving while offering variations that respect the integrity of our being.

Mindful of the Vijnana principles, she weaves years of intuitive knowledge with the exploration of the mio-fascia lines and offers a unique flavor to practicing from the inside.

She is forever filled with gratitude for her teachers, Orit-Sen Gupta, Gioia Irwin and Swami Muktibodananda.

Friday- March 31

“A gentle day of Yoga“

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Foundation of movement underlying each asana group, offering variations to support and meet every one's uniqueness and life challenges.

Restorative tensegrity, hand Mudras, Radiant breath.

Sitting meditation with suggestion and guidance.

Friday 09:00 – 12:30 14:30 – 17:30

Tuition fee 80 €

At Pfarramt Maria-Himmelfahrt, Holzhauser Str. 2, 82541 Münsing

Saturday-April 1<sup>th</sup>

“Practising from inside”

Sunday-April 2<sup>nd</sup>

“A fluid unfolding of Practise”

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Saturday: We will build on our Friday practise, introducing cleansing practices (Kriyas) and subtle breath work to guide the mind inward and clarify our intent.

Flowing sequence of standing poses, tensegrity of the armlines in preparation for arm balances and simple inversions.

Sunday: A follow up of Saturday's work and a slow, deep, inquiry into backbends.

From a fluid spine to an open heart. Adhering to the middle.

We will do what makes our heart sing!

Schedule- Saturday 08:30 – 12:30 14:30 – 18:00

Sunday 08:30 – 12:00 14:00 – 17:00

Tuition fee 160 €

At Vijnana Yoga Studio, Orleanstr. 45A, 81667 München

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This is a progressive 3 day workshop designed to experience the benefits of a small retreat. It will deepen your understanding of the subtleties of practice. Each day will build upon the previous day.

Friday's foundational teachings will evolve into Saturday which will deepen into Sunday's.

The 3 day workshop can be booked at a reduced cost of 220 €. The Friday and Saturday can be booked at a cost of 160 €. The Saturday and Sunday can be booked at a cost of 160 €.

### Registration Information

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Flo's website: [www.vijnanafloyoga.com](http://www.vijnanafloyoga.com)

Language: English

Organisation: Joana Lütke, fon 08178 997119, [www.yoga-and-joe.de](http://www.yoga-and-joe.de)

Registration: per e-mail, Upon receive of payment your place will be reserved.

Bank account:

Payment to Joana Lütke; at comdirect, IBAN: DE 69 2004 1144 0425 0023 00, BIC: COBADEH044

Cancellation: Full refund of fee if cancellations reserved prior to 28.02.2016; any later the full fee will be retained if no replacement can be found.