

Mindful Vinyasa Yoga & Sound Meditation Practice

Sunday, 22 September 2019
15.30-17.30 hrs
CHF 40 (introductory price)

at
Soluna Paquis



with
Karnesh & Rebecca
of award-winning
Kamala Yoga Nepal

Beginning with **traditional loosening exercises**, we open up the energy channels of the body to allow energy to move freely during the practice.

We continue with a **mindful, deeply connected Vinyasa Yoga flow** with alignment cues, ending with a few **Yin poses**, and an **extended Shavasana** which will seamlessly flow into a **sound meditation** with traditional Nepalese singing bowls.

At the end of our practice, Karnesh will invite us to chant **three Sanskrit mantras** together, setting a tone of open-heartedness and gratitude for the coming week.

