

# YOGA

WORKSHOP with **ADRIAN COX**

**5.6. – 7.6. 2009**

Taiji Akademie Polská 1, 120 00 Praha 2

[www.taiji.cz](http://www.taiji.cz)



## WORKSHOP PROGRAMME:

Friday 5<sup>th</sup> June

**7.00 - 9.00 PM: EVENING VINYASA FLOW CLASS**

Adrian is back in town. Let's celebrate his arrival as well as the end of the week with a funky flow.

Saturday 6<sup>th</sup> June

**9.30 - 12.00: AWAKEN THE SPINE**

Going beyond standard backbends; this two hour workshop will guide you to develop spinal intelligence from the inside out. If backbends has either hurt in the past, or are ready for a new level of backbend freedom, come explore new ways of integrating all postures and movement through the spine. You will learn spinal anatomy, the mechanics of breathing in relation to backbends, and alternative, delightful, and pain-free ways of forming a circle backwards. Includes twisting postures.

**12.00 - 1.00: LUNCH BREAK**

**1.00 - 3.30 PM: NLPYOGA**

This workshop provides worksheets for discussion, visualization, a led vinyasa practice, discussion and practice regarding physiology, breath, state of mind, and behavior concluded with deep relaxation. Working in this way, you may bring any area of personal development and use the yoga practice to empower the positive changes. You can expect the effects of this class to continue for hours, days, or even months after this one session.

Sunday 7<sup>th</sup> June

**9.30 - 12.00 AM: ACESING YOUR DEEPER SELF**

An introduction into meditation and altered states and the principles of congruent change and transformation utilizing will, intention, and harnessing the power of the unconscious. Bring your notebook, pen, and your curiosity- although there will be no physical yoga practiced in this workshop, you will be challenged and stretched in important, life-changing ways.

**12.00 - 1.00 PM: LUNCH BREAK**

**1.00 - 3.00 PM: OJAS YOGA**

Ojas is the mysterious principle of amrita, the divine nectar that comes from within the subtle body as an act of grace. This is primarily a practice of hip openers, but weaving in dialogue, and mudras of surrender and openness to develop Ojas- which brings better immunity, faith, love, and devotion.

**3.00 - 3.30 Q&A**

### COST:

• 3 days: 2430 CZK ( euro 90) • 1 day drop in: 850 CZK ( euro 31)

Deposit policy: a non-refundable deposit of 1500 CZK (€55) is required by 10 May 2009 to hold your place with the balance due on 29<sup>th</sup> May 2009.

Cancellation Policy: In the event of cancellation your entire payment will be refunded less the deposit of 1500 CZK (€ 55) if the cancellation is made before 29<sup>th</sup> May 2009. Payments are non-refundable after this date.

For bookings&info contact : Martina Procházková on [marti.prochazkova@seznam.cz](mailto:marti.prochazkova@seznam.cz)

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