

HATHA YOGA - The Joy of the Subtle Practice

YOGA with Stephen Thomas in Magglingen/Macolin

January 31 to February 2, 2014

Friday, January 31	6.30pm to 8.30pm
Saturday, February 1	9am to 11.30am
Saturday, February 1	2pm to 4.30pm
Sunday, February 2	9am to 11.30am

For students and teachers with established practices, this is short intensive Immersion into Asana, Breath and Sound. Here is a chance to dive into the joy of our personal practices, to explore the vibration of the prana and the perfume of stillness. Stephen will guide students towards a subtle refinement their asana approach and the led meditations will create space to support the physical work. He is giving clear direction on modifying and balancing the practices to match the needs of the student. *"They key is to use the intelligence and details of these pathways to really experience the essence of ourselves, without getting trapped by it".*

Early Registration required; places limited to 15 only
Payment in advance: CHF 270.- for all sessions
Location : YOGASSVA, Hauptstrasse 204-206,
Magglingen / Macolin (Biel/Bienne)

To reserve your spot, please use
www.yogassva.com - info@yogassva.com - phone 079 550 67 11

Stephen Thomas is a senior international yoga teacher. He leads Teacher Trainings, Workshops and Immersions across Asia and Europe. His teaching is deeply rooted in the traditional Yoga practices of asana, pranayama, and meditation. His philosophical background is influenced by studies in the Classical systems of Yoga Philosophy as well as Tibetan Buddhism and Tantra, enriching and informing his personal approach. Stephen presents Yoga in its' classical form, directly from lineage. In his teaching, he encourages a synthesis of physical effort (asana, cleansing kriyas, pranayama, etc.), with the study of sanskrit, chanting, meditation and devotion. Integrating these deep practices into the daily spectrum of one's life is a central theme of his work.

More info about Stephen Thomas you will find under stephenthomasyoga.com

