



# yoga workshop

anne devismes, E-RYT500

## october 26

melhus onstage

### 10:00-12:00 Onto square one

Allow yourself to be a beginner, whether you truly are one or are an experienced practitioner curious about a deeper understanding of your practice. This workshop will give you all the tools you need to build strong foundations and to refine the way you do your poses so that you can have fun with your practice, knowing you'll keep your body safe. We will use the Sun Salutations and some of the most common poses as a starting point to understand how the hips, spine, and shoulders move. This will also give you a chance to explore the connection between breath, body, and mind, to build strength and awareness, and to have fun!

### 14:00-16:00 Less effort, more magic

Many things require efforts. And that's good. But sometimes, we rely too much on effort and not enough on magic. By magic, I really mean trust and knowledge. And also the belief that you can do something. In this workshop, you will learn super-useful tools to experience that magic moment, when you feel almost weightless and so strong at the same time, that moment when you finally get to find your balance on your hands. Do the work but also trust that you can do so much more than your mind would have you believe!

## FOR ALL LEVELS

### ABOUT ANNE

Anne has been teaching yoga full-time since 2010 and is the founder of Terra Yoga. She gets inspiration from her daily life experiences, the great ones and the more challenging ones, to infuse her classes with a clear connection between what we do on the mat and what we do off the mat. She aspires to empower her students to use everything they learn on the mat to live a happier and more meaningful life.

Anne has a PhD in nuclear physics and loves to reflect on how different disciplines really address the same bigger questions of life.

Get in touch at [info@terrayoga.no](mailto:info@terrayoga.no) and [www.facebook.com/terrayogatrondheim](https://www.facebook.com/terrayogatrondheim).

### INVESTMENT

1 session: 490,-  
2 sessions: 800,-

### REGISTRATION

[melhusonstage@gmail.com](mailto:melhusonstage@gmail.com)

Vipps: #130466

Registration is binding.

No refund for cancellation after oct 12

### LOCATION

Melhus Onstage

Drammensvegen 57, Melhus