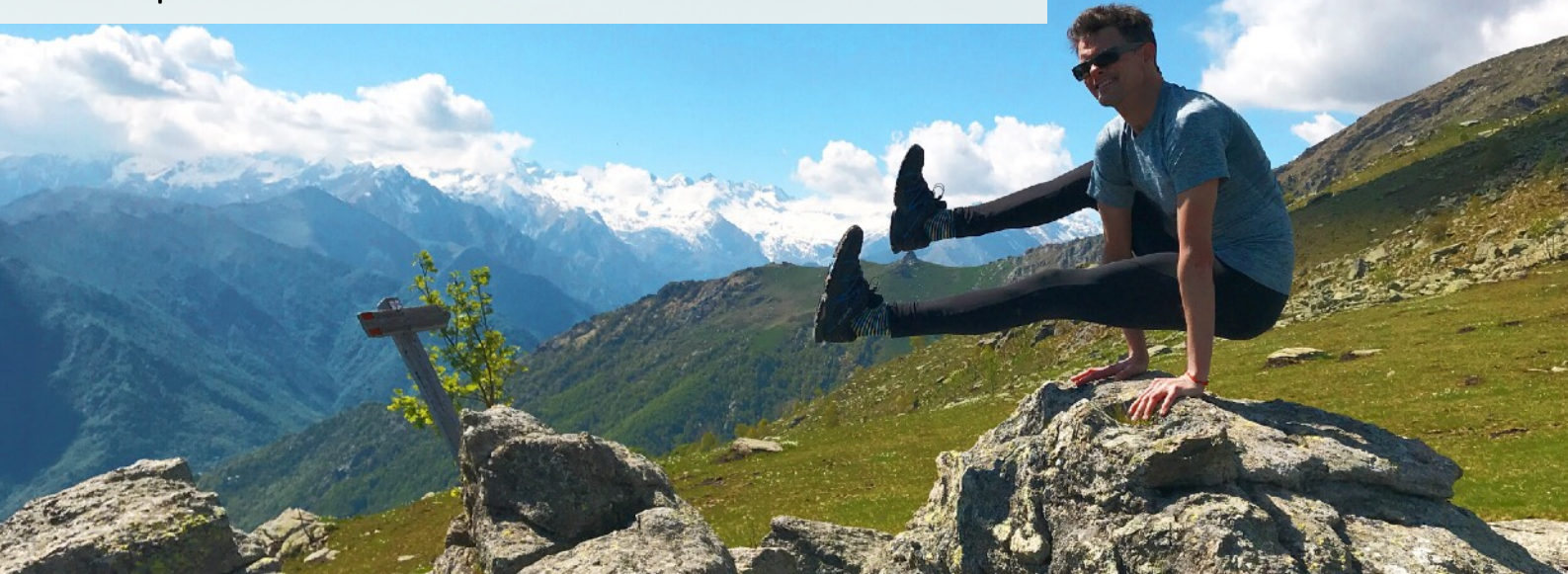


Adventure Yoga Workshops

September 14 & 15 at Terra Yoga Trondheim



We will go on a yoga adventure, energizing your mind and body while exploring how yoga helps you expand your possibilities, on and off the mat. Come to **get inspired, stretch your comfort zone, and cultivate a deeper connection** to your yoga and yourself.

Who is Stephen Ewashkiw?

“Very intelligent, funny and highly competent, all at the same time.”

Stephen leads yoga trainings around the world and has taught thousands of students in more than 25 countries. His unique practice is all about exploring and expanding the possibilities within yourself and in your life.

The goal of Adventure Yoga is to help you uncover the courage and strength to make the most of your potential — and also to have more fun on the mat!

www.myfiveacres.com/yoga

What can you expect from the workshops?

All workshops are suitable for students of all levels.

September 14, 9:30–12:30

ENGAGE: Hold Our World Together Alignment-infused Hatha

It can feel like the world is falling apart around us. Thankfully, we have yoga to help hold it all together. We'll explore what is important to you and offer tools to help you engage with, and dedicate yourself to, the things that matter most.

September 14, 14:30–17:30

EXPAND: Float Like A Butterfly Alignment-infused Hatha

How do you make yourself light enough to float? Come to work on your shoulder mobility, core, and arm strength. Be ready to expand your possibilities as you learn to float and fly.

September 15, 13:00–16:00

EXPLORE: Prop It Up Alignment-infused Hatha

Inversions are more accessible with props! By exploring different variations of the poses we'll make the inaccessible accessible. We'll work with props in handstand, shoulder stand, and plow pose, so that you can develop your skills in each pose.

Early-Bird Pricing

1850 NOK all 3 workshops • save 400 NOK if you book by end of August 15

After August 15

750 NOK per workshop • 2050 NOK for all three (save 200 NOK!)

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