



yoga and neuroscience workshops with

Viktória Szentkereszty-Havas,
PhD, RYT200

Do you want to learn about how your brain works? Do you want to know what changes in your brain when you practice yoga, meditation, or pranayama? If so, this is the course for you!

Viktória – yoga teacher and neuroscientist – will guide you through three exciting sessions of learning and self-discovery. You will learn how movement, memory, and yoga are related. You will also learn about brain plasticity – how you can shape your brain through thoughts and actions.

No previous knowledge of neurosciences or biology is required.
The workshop is open to all levels of yoga practitioners.

WHEN

mondays october 14, 21, and 28, 20:00-21:30

PROGRAM

october 14 - introduction to neurobiology
how brain cells talk to each other

october 21 - shape your thoughts, shape your brain
learning, memory, self-talk, and physical exercise

october 28 - meditation and the brain
how meditation affects the way your brain works

LOCATION

Ila Frivilligsentral, Ilevollen 15 (Terra temporary location)

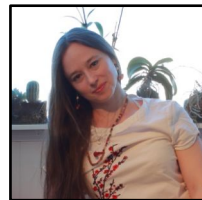
PRICE

1 session: 375,-
3 sessions: 1000,-

REGISTRATION

email info@terrayoga.no

VIKTÓRIA SZENTKERESZTY-HAVAS



Viktória has studied psychology and neurosciences and has completed her PhD in biomedicine, with a focus on cognitive neurosciences, in 2014.

Viktória has been studying yoga, martial arts, and other movement disciplines for over three decades. Her objective as a yoga teacher is to provide her students with knowledge that empowers them to lead a more fulfilled and fruitful life.

This workshop brings her two passions – yoga and neurosciences – together to show how Eastern wisdom and Western science can go hand in hand.

CONTACT

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