



WORKSHOPS

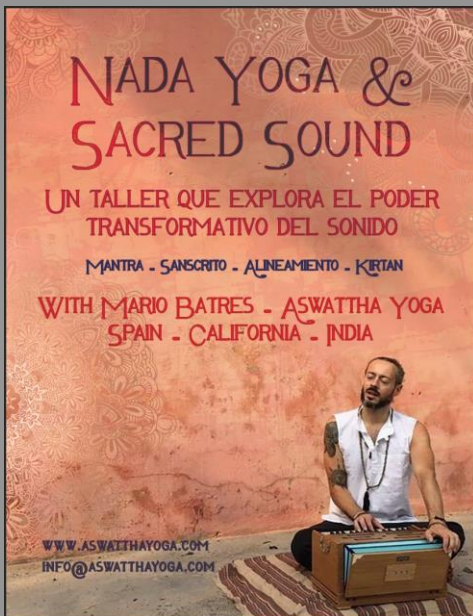
Aswattha signature workshops are an excellent way to discover new realms within your practice, deepen into the knowledge of Yoga and expand your mind. Dynamic, entertaining and approachable these workshops have crossed borders making their way out in Europe, USA and Asia.

Workshops available in English and Spanish

NADA YOGA & SACRED SOUND

Explore the transformative power of Sound and ancient Nada Yoga.

In this three hours workshop students will learn basic concepts on Sanskrit and Mantra and how to use different vibration and meditation sound based techniques to experience the benefits and transformative qualities of this fundamental practice. All levels.



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PARTNER YOGA – THE PRACTICE OF INTIMACY

Connect with your favorite person through the intimate and playful practice of Partner Yoga.

This workshop explores partner-supported poses reinforcing trust and complicity in the relationship. From a basic Tantric approach partners will explore and synchronize shared energetic fields, play with hands-on assistance and conscious contact and dive into intimate communication. All levels.



Partner Yoga Workshop
With Mario Batres & Astrud Castillo

The Practice of Intimacy. Connect with your favorite person through the intimate and playful practice of Partner Yoga. This practice explores partner-supported poses reinforcing trust and complicity in the relationship. From a basic Tantric approach partners will explore and synchronize shared energetic fields, play with hands-on assistance and conscious contact and dive into intimate communication.

Intimacy
Trust
Complicity
Healing
Connection

- All Levels
- All Bodies
- All Orientations
- Sentimental Partners, Close Friends, Relatives

Friday October 13
7:00pm - 9:00pm

\$40 Early Bird / \$45 Day Of

SYMMETRY YOGA
1708 Park St. Alameda
Parking and entrance in rear.

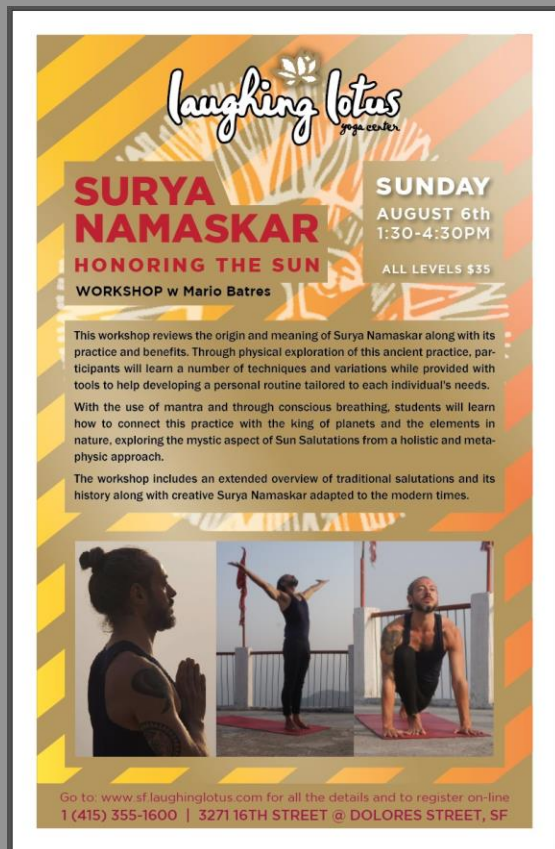


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SURYA NAMASKAR – HONORING THE SUN

Learn the origins and significance of the ancient practice of Sun Salutation. In this workshop students will learn and practice an extensive range of traditional salutations along with creative variations adapted for the modern Yogi. Combining theory and practice, this workshop explores the use of Surya mantras, Yoga philosophy and the relation of the practice with nature and the elements. All levels.



laughing lotus
yoga center

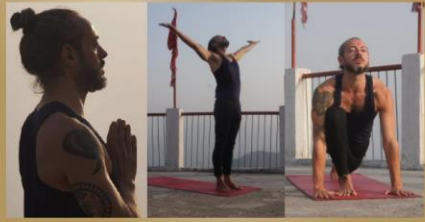
SURYA NAMASKAR
HONORING THE SUN
WORKSHOP w Mario Batres

SUNDAY
AUGUST 6th
1:30-4:30PM
ALL LEVELS \$35

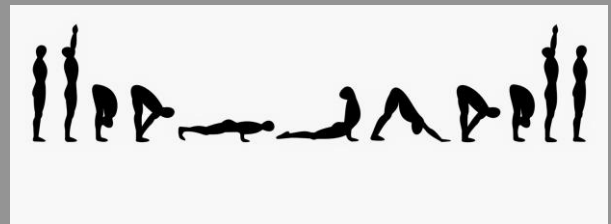
This workshop reviews the origin and meaning of Surya Namaskar along with its practice and benefits. Through physical exploration of this ancient practice, participants will learn a number of techniques and variations while provided with tools to help developing a personal routine tailored to each individual's needs.

With the use of mantra and through conscious breathing, students will learn how to connect this practice with the king of planets and the elements in nature, exploring the mystic aspect of Sun Salutations from a holistic and metaphysic approach.

The workshop includes an extended overview of traditional salutations and its history along with creative Surya Namaskar adapted to the modern times.



Go to: www.sf.laughinglotus.com for all the details and to register on-line
1 (415) 355-1600 | 3271 16TH STREET @ DOLORES STREET, SF



REQUEST INFO

BOOK AN EVENT

FLY! AN INVERSION WORKSHOP

Build the foundation for a safe and healthy Inversion and Arm Balance practice. With a mindful approach to each pose students will explore the use of props and wall supported asanas along with practicing in the middle of the room. Fun, energetic and challenging. Intermediate level.



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