

Bharath Shetty



Yoga Workshop 5, 6 & 7 may 2023

Born in India, **Bharath Shetty** studied with B.K.S. Iyengar and graduated from India Institute Vivekananda Kendra and from the Si-vananda Yoga vedanta international center. Since 2005, he's been living in Mysore where he teaches students and provides training for yoga teachers. Recently, he started sharing his knowledge of yoga around the world and we will have the great opportunity to welcome him among us. During three days, Bharath will help you develop your personal skills, focusing on asanas practice and philosophical aspects, considering yoga through the concepts of body, spirit and breath. Workshops are open to all, from beginners to experienced students.

SCHEDULE

Friday, saturday & sunday
From 10 am to 12.30 pm
& 13.30 pm - 15.30 pm.

LOCATION

School of Thuillies.

FEES

180 euros for 3 days.

140euros for 2 days.

80 euros per day.

It's not possible to practice
half a day.

RESERVATION

Please pay on the triodos count

YOGA INDIA THUIN ASBL

BE08 5230 8048 4413.

Payment will be the reservation.

Mention : Name + mail + phone number.

IINFOS

To have a room,
please contact us.

More about Bharath

indeayoga.com

DAY 1

Morning :

Intro to body, breath and mind.

Kryas (Mukha dhauti + agni sara)

Asanas/ 5 directional movements and importance
of breath coordination.

Afternoon:

Hip openin + counting meditation.

DAY 2

Morning:

Balancing + Pranayama.

Afternoon:

Forward bending + chakra meditation.

DAY 3

Morning

Inversions + Mudra.

Afternoon:

Back bending and twisting
+ deep relaxation..