

YOGA WORKSHOP

BERLIN | OR VIA ZOOM

———— 22.08.2020 ————

POSITIVE GROUNDLESSNESS AS
THE ANTIDOTE TO STRESS

THE DESIRE TO HOLD ON TO SOMETHING SOLID IS VERY NATURAL FOR US. WE ARE LOOKING FOR STABILITY IN OUR WORK LIFE, WE STRIVE TO FOLLOW ROUTINES AND BUILD RELATIONSHIPS WE CAN DEPEND ON. IT IS A DEEP WISH TO HAVE THINGS THAT WE CAN RELY ON, NO MATTER HOW MESSY LIFE GETS.

OVER AND OVER AGAIN WE LEARN THE HARD WAY, THAT LIFE DOES NOT GRANT US THIS WISH – WE LOSE OUR JOB, WE DO NOT STICK TO OUR ROUTINES (NO MATTER HOW GOOD THEY ARE FOR US) AND OUR LOVERS TURN INTO STRANGERS IN THE BLINK OF AN EYE.

CORONA HAS GIVEN US A FURTHER SLAP IN THE FACE SHOWING THE UNPREDICTABILITY OF LIFE.

AS A CONSEQUENCE WE EXPERIENCE STRESS, WHICH IN RETURN CAN LEAD TO SERIOUS MENTAL AND PHYSICAL HEALTH PROBLEMS.

SO, WHAT TO DO, WHEN OUR NEEDS ARE NOT MET BY REALITY?
HOW TO HANDLE IT, WHEN WE DO NOT GET WHAT WE WANT?

IN THIS WORKSHOP, I WILL INTRODUCE METHODS TO WORK WITH INCREASING MENTAL AND PHYSICAL STRESS LEVELS, HOW TO GROUND OURSELVES AMIDST UNCERTAINTY AND COME UP WITH METHODS TO BECOME RESPONSIVE INSTEAD OF REACTIVE WHEN FACING CHALLENGES.

THERE WILL BE THREE PARTS:

1. RELEASING PHYSICAL STRESS FROM OUR BODIES (ASANA PRACTICE/ YOGA).
2. CHOOSING PARASYMPATHETIC ENGAGEMENT TO BUFFER STRESS RESPONSES (PRANAYAMA).
3. BUILD STRESS RESILIENCE BY INCREASING OUR AWARENESS OF THE PRESENT MOMENT (MEDITATION).

PLEASE CONTACT ME TO FIND OUT MORE AND SIGN UP

