

Vinyasa & Yin Yoga Workshops
BROOKE ELLISTON, LARA ZILIBOWITZ
& BENNY HOLLOWAY
~ BACK2ROOTS RETREATS ~

Soluna Yoga (Geneva) 28-29 June 2019



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BROOKE ELLISTON, LARA ZILIBOWITZ
& BENNY HOLLOWAY (BACK2ROOTS RETREATS)

How can our yoga practice become a deep appreciation of the richness of our everyday existence? Join international Yoga teachers Lara and Brooke to explore the full spectrum of what it means to be human, accompanied by the soaring live sounds of Benny.

Friday 28 June 2019 ~ 18h15-20h45

FULL BODY YES ~ Vinyasa masterclass with Brooke

To move sensually means to awaken to the infinite myriad of internal senses unique to you. So much inspired input is tasted by the body and yet, most inner languages aren't sensual enough to ever sense pathways to ecstasy. Join Brooke for a masterclass into the Full Body Yes set to the cell-penetrating live vocals of Benny ~ a class of sensual spinal waves, liberating heart opening and revelation into all pathways of Yes within you.

Saturday 29 June ~ 10h00-12h30

THE WAY LOVE MOVES ~ Vinyasa masterclass with Lara

Join Lara for this Prana Vinyasa pilgrimage, diving into this source of Love inside. To reconnect with that most sensual and supreme romance alive within your very selves cells. This practice is an ode to existence, a passionate and compassionate exaltation of embodied appreciation through a creative spine-rising, heart-flowering slo-mo vinyasa flow, paired with ecstatic musical expression by Benny.

Saturday 29 June ~ 16h00-18h30

FULL BODY LISTENING ~ Yin, Yoga Nidra & Sound Medicine

Get ready to embark upon an illuminating journey through the senses as we exit the fast lane and slide into the slow river of wonder. Through deliciously deep yin postures and a guided psychic sleep visualisation, paired with a transcendental live soundscape of voice and guitar, every cell in your body will turn into an organ of perception.

Participation : 60.- CHF per workshop ~ 165.- CHF for all 3 workshops
Soluna Pâquis ~ 18 rue du Môle ~ 1201 Geneva (CH)
Information & registration : info@solunayoga.ch
www.solunayoga.ch ~ www.yoganimals.ch ~ www.back2rootsretreats.com

