

# Vinyasa Yoga with live music from the Hang guided by Dagmar Spremberg & Gaudan

yogamarket



Music moves us. The powerful effects go far beyond the experiences found through sound and rhythm. It is discovering this deeper sense of harmony in the body that helps us to embrace and dance with the rhythmic flow of life. When we are with our lover our heartbeats sync. When we explore asanas, synchronize our breath, and move to a rhythmic beat we sync together as one, creating a harmony as a whole. Practicing together with rhythm and sound touches the heart and assists us into a deeper experience of yoga.

Dagmar Spremberg moved from Germany to Los Angeles in 1996 and began practicing and studying yoga. She honors Christi Mararovich, Elena Brower and Rod Stryker as some of her most influential teachers. When she arrived in Montezuma, Costa Rica in 2001 Dagmar founded Montezuma Yoga, a well renowned studio and retreat center that is still her home base for most part of the year. Dagmar is a 500-hour certified E-RYT with the Yoga Alliance and trained in Vinyasa Flow, Anusara and Yin Yoga. Her yoga videos on youtube are very popular and have reached close to a million views.

Dagmar loves to emphasise her classes on synchronised movement & breath to deepen the experience of the practice into a slow, trance like flow.

In this very special Vinyasa Flow class she will be accompanied by Gaudan (The Gaudan Project), playing the beautiful melodies of the Hang drum, a very unique, handmade instrument created in Bern, Switzerland. Gaudan has been living in Costa Rica for over 20 years and is well known as an artist. Dagmar and Gaudan are traveling each summer to Europe where they host yoga classes and retreats together to cultivate stillness and create community.

Sunday, October 8, 17 - 19      Registration: [info@yogamarket.ch](mailto:info@yogamarket.ch)    Price: 50.-