



Slow Flow & Hang Music with Dagmar Spremberg & Gaudan

Music moves us. 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 soul and assists us into a deeper experience of yoga.

Dagmar is well known for her gift of synchronising movement & breath to deepen the experience of your practice into a slow, trance like flow. In this very special Slow Flow class she will be accompanied by Gaudan (The Gaudan Project), playing the beautiful melodies of the original PanArt Hang drum to guide you into a relaxing and deeply nourishing practice.

Datum: Freitag, 31. August 19.15 - 20.45

Preis: 40.-

Anmeldung: info@yogamarket.ch