

total reset - yin yoga und gong bath with Alan Steinborn



This unique offering is a chance to deeply nourish and harmonize your system . In this session you will be encouraged to tune in, breathe and reconnect with your center and release what's not needed anymore.

We will start by tuning into our bodies. We will get deeply connected with how we feel as we move through a Yin Yoga session guided by Alex, with Alan supporting us with super gentle gong sounds.

Yin Yoga is a slow-paced style of yoga that gives you time to listen to your body sensations, calm the mind and connect to the breath.

Imagine finishing such a sequence in Savasana and directly getting immersed into a Gong Bath.

The result will be a full and total reset. Giving you recharged body, a clear and happy mind, and an expansive sensitive awareness.

You don't need to have any skills or experience to get the full benefit of this session; Just a desire to give yourself some time for you to feel into the space of silence within.

Sonntag, 12. Oktober 13 - 15.30 Uhr Yin Yoga und Gongbad, 90.-

17 - 18.30 Uhr „nur“ Gongbad, 50.-

Unbedingt Platz reservieren

yogamarket