

Online courses autumn 2020



Photo: Miquel Angel Dora

Yoga from home this autumn!

Bowspring, Breathing &
Meditation Online!

We meet via Zoom.

Subscription / More information:
info@miaeyoga.com / 070 7945523

Sun Salutations for...

Wake up with Sun Salutations and
Meditation 30 min

Wednesdays at 7:00-7:30.

Start: 14 October

Voluntary contributions. Donations
will go to different emergent projects
and organizations around the globe.

www.miaeyoga.com

Basic Bow/Back to Basics

Learn the basics of the Bowspring
method. Find an open and dynamic
posture through conscious movement,
breathing and unified activation that will
give tone to myofascia and encourage
functional lightness, balance and strength,
reinforced immune system, mental focus
and presence. Back to Basics is
addressed both to beginners and to those
of you who already have practiced, but
want to go through the alignment keys
and basic guide lines for assimilation and
understanding.

Mondays at 17:00-18:15 (CET)

Start: 12 October

10 consecutive classes: 1500 kr

Including: pdf with information and theory,
free access to meditation circle.

Moving Now!

We use the principles of the Bowspring
method to discover body and mind in
balance, dynamic posture, strength,
unified tone in myo fascia, body
awareness and breath.

- a boost for the immune system
- mental focus
- emotional balance

- functional movement and posture
- stillness, energy, and presence

Mondays 10-11:15 Start: 12 Oct

Thursdays 18:30-19:45 Start: 15 Oct

Dropin Class 15 €

10 classes: 120 €

Includes: free access to meditation circle.

Breathing Now!

Guidade andningsövningar för att släppa
på stress och spänningar. Andningen som
bro till mer tillit, lugn och närvaro.

Guided deep breathing to release stress
and tensions. Your breath as a bridge to
more trust, stillness and presence.

Mondays at 18:45-19:45

Start: 12 October

1 session 20 € / 3 sessions 50 €.

Private session 40 € or 100 € / 3 sessions.

Meditation Circle

Guided meditations. We discover different
basic technics for breath, focus and
mindfulness/presence.

Tuesdays and Thursdays at 17:30-18:00

Start: 6 October

5 sessions 40 € / 10 sessions 70 €

Looking forward to practice together! /Mia