



KrisHnA Sadhana Workshop

HARI KRISHNA

Play Your Edge

A Rasa Yoga Workshop with JCYogi Aka JC Rawady

I invoke the dark, loving, attractive, magnetic force in the centre of my Being. Krishna is the dark one, the all loving attractive one. This workshop will help us to connect more deeply to the spirit of play and with the dark, loving, attractive power at the core of our Being. Immerse yourself fully in the innermost JOY of your Being, share this JOY with others and relish every moment of this Divine Play. We are here on planet Earth for a very short time, even when it seems a very long time ..., lets show up fully and make the most of it.

What is Rasa Yoga?

Founded by Sianna Sherman, Rasa yoga weaves together Asana, Mantra, Mudra, Pranayama, Meditation & Chanting ... along with tantra, shadow work, ritual, and deep reverence for nature. It honours the tradition and lineage of yoga, while awakening your authentic creativity as a yoga practitioner in the modern world.

Sunday 24th November 14:00-17:00

@ The Yoga Lounge
Willowmere, Green Road, Egham, TW20 8QN

Investments: £ 40

In this workshop, JC will take you through a practice inspired by the myth of Lord Krishna through storytelling, mantra, mudra and asana practice.

We will invoke Krishna to play our edge on the mat and explore various arm balances, hip openers and back bend with a hint of a smile.

This workshop is suitable for yogis with all level, who wish to deepen their personal practice, to raise awareness of the principles of biomechanics and alignment targeting to achieve Asanas or Postures you may have never practiced improving the one you are already familiar with.



For more information or how to book, please contact JC on 07863 510598.
Details can be found on www.jcyogi.com or Facebook page JCYogi