

# **YOGA WORKSHOP**

## **with Sarah EZRIN**

**5th to 7th June 2015**

**Sarah Ezrin**, E-RYT-500, is an energetic and humorous yoga teacher, writer, life coach and teacher trainer based in Los Angeles. With a profound love of travel, Sarah runs around the globe leading trainings, workshops and retreats. For Sarah, yoga is beyond the postures; it is about connecting to one's brightest and most authentic Self. She believes that life should be spent laughing with those we love and doing the things we most enjoy, like yoga!



**Friday 5<sup>th</sup> June from 6.30 p.m. to 9.00 p.m.**  
**HERE COMES THE SUN - flow & surya namasakara workshop**

Vinyasa Flow is a popular system of yoga based on dynamic movement with breath. Sun Salutations, or Surya Namaskar, are the origins of this style. Sun salutes energize and build tremendous heat, purifying the body. They develop both strength and flexibility. The ritualistic nature makes salutations a moving meditation.

In this workshop we will look at the main components that make up the Surya Namaskaras. Learn to smoothly choreograph breath within a flow. Gain a deeper understanding of alignment by breaking down key poses, including how to jump forward and back with grace. Find stillness within the flow. Get ready to flow, sweat, and laugh! Your inner sun energy will be shining brightly after this class!

11, rue Guillaume de Machault L-2111 Luxembourg  
www.yogaloft.lu info@yogaloft.lu  
(+352) 26 25 97 90 (+352) 621 55 49 80  
T.V.A. LU 22232402  
BCEELULL IBAN LU76 0019 3955 9416 4000

**Saturday 6<sup>th</sup> June from 10.00 a.m. to 1.00 p.m.**  
**HIPS DON'T LIE**

Our hips can be a major site of tension- both physical and emotional. As the largest joint in the body, tight hips can not only be uncomfortable, but they can lead to other physical maladies, such as lower back and knee issues. Releasing the hips does not only lead to more space in the body, but also mentally and energetically.

In this workshop, we will cultivate space and integrity in the hips by exploring proper hip and pelvic girdle alignment in standing postures. Play with more advanced postures that require mobility in the hips, such as arm balances. Ending with long, slow, and deep hip-openers.

You will walk out of the class feeling lighter, freer, and released.... and yes, don't worry- you will still be able to walk!

**Saturday 6<sup>th</sup> June from 2.30 p.m. to 5.00 p.m.**  
**CENTER OF GRAVITY (ARM BALANCE)**

Build confidence and explore your edge with arm balances! These poses strengthen the core, which includes shoulders, abdominals, and hips. The core of the body relates to our sense of self and arm balancing accesses this powerful center. The balance element helps develop focus and agility, but most importantly arm balances are incredibly playful and fun!

In this workshop we will study the essential blueprint poses for arm balancing. With this foundation, attendees will be able to practice more advanced variations with greater understanding and ease. You will be flying high and feeling strong after this exciting class!

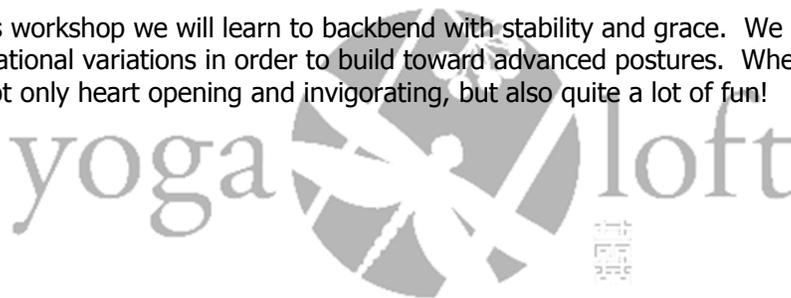
**Sunday 7<sup>th</sup> June from 10.00 a.m. to 1.00 p.m.**  
**LIVE FROM THE HEART (BACK BENDING)**

The heart is the source of intuition and truth. When we live from our hearts, we operate from a deeply connected place. Backbends help to access this powerful center.

Physically, backbends stimulate the nervous system, giving a natural boost of energy. They counteract the effects of gravity and sitting by stretching the entire front body, beyond the muscles and into the inner organs.

But backbends are not always easy and bending backwards into the unknown can take courage.

In this workshop we will learn to backbend with stability and grace. We will refine more foundational variations in order to build toward advanced postures. When well-aligned backbends are not only heart opening and invigorating, but also quite a lot of fun!



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# INSCRIPTION

FIRST NAME AND NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE NO.: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_

- DATE:**
- Friday 5th June from 6.30 p.m. to 9.00 p.m. (yogaloft)
  - Saturday 6th June from 10.00 a.m. to 1.00 p.m. (Bananne Fabrik)
  - Saturday 6th June from 2h30 p.m. to 5.00 p.m. (Bananne Fabrik)
  - Sunday 7th June from 10.00 a.m. to 1.00 p.m. (Bananne Fabrik)

**LOCATION:** YOGALOFT (Friday)  
11, rue de Machault  
L-2111 Luxembourg

BANANNE FABRIK (Saturday & Sunday)  
12, rue du Puits  
L-2355 Luxembourg-Bonnevoie

**PRICE:**

1x 2.5hrs. session:	45€
1x 3hrs. session:	55€
2x 3hrs. session:	100€
3x 3hrs. session:	150€

**SPECIAL PRICE:** Full workshop weekend (4 sessions) **180€**

**PRACTICAL INFORMATION:** Sarah teaches in English.  
Please bring your own mat. All levels welcome.

**CONTACT:**  
yogaloft (+352) 26 25 97 90  
gsm (+352) 621 55 49 80  
info@yogaloft.lu

To make sure that your place is reserved, please make the transfer before the beginning of the workshop. The payment is non-refundable.

**BANK ACCOUNT:** BCEELULL IBAN LU76 0019 3955 9416 4000

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