



**AFRO TRIBAL FORREST YOGA JAM SESSION** is a new format created by Katrin Ender within Forrest Yoga. It is an intense 2 hour Forrest Yoga Asana practice enhanced by live African tribal beats and a specially designed DJ set with music from across sub-saharan Africa.

The soundtrack takes the participants on an adventure through the beautiful mother of all continents, AFRICA, from the wide open spaces of the magnificent Garden Route in South Africa, into the "Rumble in the Jungle", the heart of Africa, Congo, across the canopee of rainforest trees into ecstatic, wild and raw West Africa, S n gal and Mali, across the Sahara into sensual East Africa, Kenya, and back down to South Africa along the soft, warm and soothing Indian Ocean.

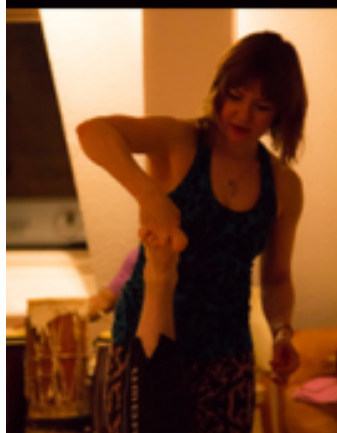
Lead by powerful Africa-raised Forrest Yoga Teacher Katrin Ender, the session is spiced up with the wisdom, cultural and ethical philosophies unique to the African continent processed through Katrin's own life experience, making this an exclusive and unique opportunity for physical, mental, emotional and spiritual expansion.

A sublime experience of the senses, as much as a deeply intense in-body experience, AFRO TRIBAL FORREST YOGA JAM SESSION offers students a possibility to deepen their practice, enhance their skills, refine their technique and reconnect with source - all whilst having a massive amount of fun!

Sweat, endorphins and rythm : : : AFRO TRIBAL FORREST YOGA JAM SESSION : : :  
a group ecstatic experience that leaves you FEELING VIBRANTLY ALIVE!

To book a session for your studio or event, contact Katrin at [kilundayoga@gmail.com](mailto:kilundayoga@gmail.com)

  Katrin Ender | Kilunda Yoga 2015



More information on Katrin Ender  
[www.kilunda.com/about-katrin/](http://www.kilunda.com/about-katrin/)  
Article by Katrin  
[www.yogajournal.de/style-guide-forrest-yoga/](http://www.yogajournal.de/style-guide-forrest-yoga/)

