

In this 3-hour long workshop we will work on our hips and go upside down. The asana practice in itself is an **Intensive 2-hour practice** with a **special intention setting** in the beginning and a **guided meditation** at the end.

Invigorate your hips and awaken your inner playfulness. Going up side down and working on your hands will rejuvenate your body and your mind.

**Saturday
27th June 2015**

**2-5pm | 3 Hours
CHF 90.-**

Sanapurna
Ayurveda & Yoga

Militärstrasse 115 | 8004 Zürich | www.sanapurna.ch | info@sanapurna.ch | Sign up!

Forrest Yoga Hips + Inversions A workshop with Chantal Hauser

Chantal is one of only two certified Forrest Yoga Teachers in Switzerland. She regularly teaches **Forrest Yoga at Sanapurna on Thursdays 7-8:30pm.**
www.chantalhauseryoga.com



Photo Credit: Dominik Fricker