

ASANA FOCUS: THE WARRIOR POSE: VIRABHADRASANA II

With Amber

Saturday September 29th, 12.00-2.00



Virabhadrasana II is a grounding pose that if practiced correctly builds core strength and disperses tension from the greater region of the hips. Although it is one of the most practiced poses, it is nevertheless not well understood by many practitioners.

The ultimate quality of asana is one of steadiness and ease (*sthiramsukham*) yet many people struggle to find ease in this challenging posture.

Through careful alignment and intelligent preparation we will visit *virabhadrasana* II from a variety of different perspectives. Expect to feel a difference as we practice from a place of more integrity.

For more information or to book, please email amberscotttyoga@gmail.com

Date: Saturday September 29th

Time: 12.00-2.00

Cost: £20

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