

Bikram Yoga Immersion

with **Karin Circelli-Zemp**



Practice smarter not harder!

In this 2 day long immersion you will dive deeper into the Bikram yoga practice. Discover not only alignment cues but also what mindset (Bhav) to bring to class in order to benefit from this sequence. Learn how to breath, move and hold in stillness without loosing your cool. This two days immersion will start with a regular Bikram Yoga class in order to warm up, after a short break we dive deeper to learn more about alignment and energetics of the poses – To finish both days, you will experience a Yoga Nidra practice which will leave you balanced, calm and ready for the rest of the day.



Saturday:

Warm up class at 12pm, short break – analysis of the standing series and intro into Yoga Nidra.

Sunday

Warm up class at 10am, short break - analysis of the floor series, Yoga Nidra to finish the workshop.

The warm up classes must be attended in order to safely practice the rest of the workshop. Please register your spot early enough as we want to keep the group small, in order to work on more personal details. **Both days need to be booked, no single day attendance.**

- Date:** Sat. 15. Sept. (12pm - 5pm) & Sun 16. Sept (10am - 3pm)
Price: 2 days 150 CHF with a valid YHU pass / 190 CHF w/o YHU Pass
Level: Must already practice Bikram Yoga – but all levels welcome
Languages: English / German
Registration: Pls sign up at the front desk or use the paypal link on our [www](#)



Karin Circelli-Zemp journey of Yoga started over 10 year ago. Her attention to detail derives from her own struggle and injuries she suffered when she started practicing yoga. Attention to detail and an ability to read people's body is her strength. Her spontaneous and natural ability to explain the way to move, breath or sense things will help you to further develop your practice, not only on a physical but also on a mental level. Knowing that Asana is just a small part of yoga, she continuous studying and immersing herself in the Tantric Hatha Yoga philosophy and practices to become of better service for her students. After years of searching for a teacher to guide her deeper into these practices she finally found Octavio Salvado, who continues to inspire and guide her through her yoga journey. "The world is your yoga mat"