



Quantum Yoga
with Lara Baumann
18th November 2017
19th November 2017

Workshop Trilogy
General Level
11am - 5pm
9 am - 11am

Quantum Yoga is a method of personal practice optimisation, using Ayurveda in its assessment tools. It advocates vinyasa, breath-synchronised movement, as the primary mode of practice. It invites the person to cultivate conscious practice, realising that greater awareness results in an increase in the transformational potential of yoga.

In this Series, we will explore how a more grounding, strengthening and stabilising (vata-regulating) practice differs from a more cooling, soothing and balancing (pitta-regulating) flow, as well as an invigorating, stimulating and energising (kapha-regulating) dynamic. Each two-hour session will be preceded by a brief introduction, and accompanied by music that supports the energetic effect we are aiming to achieve.

Yogis are encouraged to participate in the full workshop trilogy, but if you can only make 1 or 2 sessions, ideally you join those that regulate the dominant doshas (body-mind constitutions) in your personal prakriti (Ayurvedic nature). To find out what your Prakriti is go to <http://www.quantumyoga.com/quantum-yoga/dosha-assessment/>

Saturday 18th November:

11am – 1pm The BIRDS sequence (vata-regulation)

2:30-3pm Free Introductory Talk on The 3 Pillars of Quantum Yoga with Q&A session

3 – 5pm The HEROES sequence (pitta-regulation)

Sunday 19th November: 9 – 11am The LOTUS MANDALA sequence (kapha-reg)

for info & bookings:

076 5575556

0112 684 808

pranalounge.lk

quantumyoga.com

Holistic Health Center

60 Horton Place

Colombo 7