

Exploring Hatha Yoga
with Monica
Monday Mornings 9 - 10.15am



Hatha yoga is a powerful tool for self-transformation, bringing our attention to our breath, which helps us to still the fluctuations of the mind and be more present in the unfolding of each moment. Hatha yoga postures are designed to open the many channels of the body so that energy can flow freely. Hatha translates as “HA” meaning “sun” and “THA” meaning “moon”, referring to the balance of masculine aspects—active, hot, sun—and feminine aspects—receptive, cool, moon—within all of us.

Join Monica in this journey of self exploration, as she takes you through the sequence of Sun Salutations, Asanas, Pranayama, followed by relaxation techniques and Meditation.

Rs 800 (Rs. 500 for members of IEA the International Expat Association)

***proceeds go towards the aid projects supported by IEA**

Confirm your presence with Monica: 0777 903 315

Prana Lounge

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