

Yoga with Tarlina



Meditation
Sunday 9-10am

Vinyasa Level I
Monday & Thursday
6.30 pm

Vinyasa Mixed Levels
Sunday 10-11am

Classes with Tarlina are a gentle and gradual introduction to the Yogic lifestyle, and practise. Tarlina carefully creates her flow sequences inspired from the Ashtanga Primary Series, however shares a Vinyasa Style of training so it is most accessible to any beginner Yogi/Yogini. Her classes will share the introductory practises into arriving into a relaxing state of meditation, Pranayama, and asana. Her students often feel refreshed, stronger and more flexible and enjoy watching their confidence build in the art and science of Yoga. Tarlina is a Social-Entrepreneur, Yoga Instructor and Artist. She is an Australian born Sri Lankan who was introduced to the concepts of Yoga over the past 10 years. She has a desire to improve the holistic wellbeing of others as from this place, they can become powerful change makers in society.

In 2015 she devoted a year to travel, and found herself adventuring through the culturally rich localities of Indonesia, Singapore, Thailand, Cambodia, Vietnam, Myanmar, Laos, India, Nepal and finally Sri Lanka. She found a strong fondness and connection to Eastern wisdom, foods, traditions, and philosophies. Her travels ignited a deep desire to renew human values in service of our Humanitarian Heritage.

During her time in India, she was taught by Gurus in Rishikesh, India, the Capital of Yoga, who initiated her 200 Teacher Training education in Ashtanga. Himalayan Masters offered wisdom which illustriously saw her understanding to a deeper level the interconnectivity between Mind, Body and Spirit, human nature, and the natural order of the World. She recognises that an unlimited potential sits dormant within us, until we understand processes of unlocking the unique and limitless intelligence in each cell of our bodies possesses.

It is her hope to improve this home we are dependent on, not only for our experience but also in compassion for future generations. As her journey continues, she looks forward to sharing collaborative creativity, practises in Yoga, Self-Healing, Spiritual purification, and collaborative growth projects.

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