

## YOGA INTENSIVE WEEK AT THE BLACK OLIVE June 12 - 15, 2017

### MONDAY 12.06. 15:30 - 17:30 Vinyasa flow with Yoga Mudras ( 120 min )

Vinyasa flow is a yoga style that combines Hatha, Ashtanga and Yin yoga poses with the flow of breath. The sun salutation is an essential part of the class and it serves as the basic form from which different variations are created. Yoga mudras are poses made by the fingers. Each finger represents one of the five elements in the body ( fire, air, metal, earth and water ). Mudras stimulate bodily organs through the brain. By holding a mudra, the brain creates an energy circuit to the inner organs in the body. Mudras give the yoga practice a different flavour, it refreshes and balances your senses and realization of your asana practice. The session ends with meditation after the final relaxation.

### TUESDAY 13.06. 15:30 - 17:30 Yin Yoga & Tibetan Healing Bowl Relaxation ( 120 min )

Yin yoga is one of the less dynamic forms of yoga. In order to affect the deep connective tissues in the body, the yoga poses on the floor are held for 4 - 10 minutes at the time. The transitions between the poses are slow and relaxed. The yin part of the session lasts about 80 min. The healing bowl relaxation ( about 40 min ) is done resting on your back in a comfortable position. The yin yoga poses and the vibration of the Tibetan healing bowls stimulate the circulation of fluids in all bodily organs. The amazing sound of the bowls has an ability to release great tension in the deeper layers within the body. The session is open to all levels.

### WEDNESDAY 14.06. 15:30 - 16:30 Introduction to Pranayama ( Breath work ) ( 60 min ) 16:45 - 18:00 Advanced Vinyasa Flow ( 75 min )

The breath is a vital part of any yoga practice. To be able to control your own breath enables you to control your mind. The first hour of the session focuses on the 6 practices of pranayama in the Asthtanga tradition. No previous experience is required. Come and learn with an open mind. The session will then continue with a 75 minute advanced vinyasa flow. Previous dynamic yoga experience is required. The pace of the class is faster and includes hand balances and head stands.

### THURSDAY 15.06. 15:30 - 17:30 Hatha Yoga & Tibetan Healing Bowl relaxation ( 120 min )

This session focuses on a sequence better known as Hot Yoga. Original version was created by Bikram Choudhury ( Bikram Method Yoga ), from which many variations exist. The sequence is usually executed in a studio with temperature of 37 to 40 degrees celcius. The sequence does not include flow or sun salutes, the poses are done in the order with easy transitions. The final 30 minutes is the Healing Bowl relaxation. The vibration of the Tibetan healing bowls stimulate the circulation of fluids in all bodily organs. The amazing sound of the bowls has an ability to release great tension in the deeper layers of the body. The session is open to all levels.

### FRIDAY 16.06. 19:00 - 20:00 SUNSET SLOW FLOW ( place to be confirmed ) ( 60 min )

Come with mat or with no mat ( on the mat it may be more comfortable for you!). Yoga on the high plateau green with a beautiful seaview as water is near. Come to finish the week with a slow flow yoga session open to all levels. Fee: 5 TL donation. Free to those attending all week.

**PRICES: \*\*\*\*\*Please reserve your space \*\*\*\*\***

*ALL 4 days MON - THU + Sunset Slow Flow	140 TL
* 3 SESSIONS	110 TL
* 2 SESSIONS	80 TL
*SINGLE SESSIONS	45 TL
*SINGLE SESSION Intro to Pranayama	25 TL

Contact Suzie at [susanheijari@gmail.com](mailto:susanheijari@gmail.com) to book your preferred sessions.

To save your reservation, please pay your fee in advance, at latest by June 1<sup>st</sup>.

Jean Lindsay is available to collect the fee in cash.

Contact details for Jeanie will be shared upon reservation.