

the COSMIC SERPENT

Explore the undulatory nature of life through deep inquiry into the yoga asana of BHUJANGHASANA.

25 - 26 February 2012

OSLO-Norway
with ATEEKA

Bhujanghasana, the gesture of the Cobra, is one of the most ancient asanas of the yoga tradition and represents the essence of the spiritual teachings. The invocation of the serpent in our own bodies awakens ancient and cosmic knowledge. We become imbibed with a timeless knowing of flow, change, birth and death and rebirth.

This deep weekend exploration into many aspects of the Cobra will reawaken the undulatory and regenerative potential of your spine and all fluid of your body.

Using organic yoga asana, innovative pranayama, nada-yoga (the yoga of divine sound), contact and guided journeying, our moving explorations become meditative open questions that lead us deep into the heart of stillness. In this space of stillness we can access the potential for vital health, energy and peace of mind. Each moment becomes a rebirth in the eternal creative flow of life.

Cost 2000 kr. for the weekend
To register, please contact ateeka111@mac.com

www.ateeka-yoga.com

