



# Kundalini Yoga Workshop

## *Finding Balance*

30-31 May and 01 June 2008

with **Tonie Nooyens and Hanneke Meijers**

**Life is an adventure and challenges are part of life. When we are able to live up to the challenges life proposes to us, and when we can meet them with grace and confidence, we will be able to enjoy life and live happily, healthy and prosperous.**

**But life often seems to be unkind to us, and continuously throws us off balance physically and emotionally. Stress, worries, fear, anger, remorse and trauma often dominate our lives causing unhappiness, distress and illness.**

**Join us for this workshop to work on the balance between our physical and mental being, to align ourselves with our deep wishes and longings, and to deal with the challenges of life.**

**Discover the possibilities of yoga and meditation to focus ourselves and to open ourselves to the strength and energy that is part of us and all.**

Kundalini Yoga as taught by Yogi Bhasan is a yoga of awareness. It is a holistic yoga working on all aspects of the body, mind and soul continuum. Kundalini Yoga is a Raj Yoga combining different techniques and practices from the ancient yoga and meditation traditions to strengthen the awareness of our outer and inner self, and to reach into our creative potential.

A Kundalini Yoga session comprises mantra (chanting and music), pranayama (breathing), mudra (hand gestures), bandha (body locks), asana (body postures), relaxation and meditation.

Tonie and Hanneke are certified Kundalini Yoga teachers as well as practitioners of Vipassana and Tibetan Buddhist meditation. They have been teaching yoga and meditation in Thailand, Cambodia and Vietnam, and teach on the Level 1 Kundalini Yoga Teacher Certification Programme in Thailand, Cambodia and Sri Lanka.

Hanneke and Tonie have worked in Asia and Africa. Currently they are working in Cambodia, training a small team of Cambodian yoga and meditation teachers, and using meditation and yoga techniques in activities for vulnerable groups to deal with stress and trauma, and for self-confidence and personality building. They also provide healing and Reiki sessions.

**This workshop is open to beginners and advanced yoga practitioners.**

**Intensive yoga workshops are not recommended for children and youngsters (under 14).**

**This yoga workshop is open to persons with a physical handicap, though some exercises and routines may not be possible or may need adaptation. Please consult with the teachers in advance.**

**Friday, 30 May from 6:30 pm until 8:30 pm**  
**Saturday, 31 May from 10:30 am until 5:30 pm**  
**Sunday, 01 June from 10:30 am until 4:30 pm**

## Zenith Yoga Center

111 Xuan Dieu, Hanoi

Call Aimee at 0904 641 171 for more information

Cost: Full Package US\$115

Friday evening US\$ 20, Saturday, Sunday US\$ 50 per day.

Full package includes refreshments and lunch.