

# Creative Use of Emotion

HOW TO WORK WITH THE MIND/BODY

SUNDAY JULY 15 9:30 - 17:00

LOOSLOO YOGA BASEL STEINENGRABEN 63

THIS COURSE OFFERS FOUNDATIONAL PRACTICES FOR BODY, BREATH AND MIND AS WELL AS HELPFUL INSIGHTS INTO THE ANCIENT YOGA PHILOSOPHY, IN THE LIGHT OF MODERN PSYCHOLOGY AND NEUROSCIENCE.

## WORKSHOP SCHEDULE

09:15 Welcome

09:30 Hatha-Yoga Practice with Joints & Glands and Shavasana Relaxation

11:00 Philosophy of Hatha Yoga: Finding the Balance

12:30 Lunch

14:00 Breath, the Bridge Between Body and Mind / Emotions

15:00 Tea break with light snacks

15:15 Chitta Prasadana: The Art of Cultivating a Beautiful Mind

16:45 Guided Meditation



Dr. Stephen Parker is a clinical psychologist, international teacher and inspiring speaker as well as a published author. He is also a long-standing disciple of Swami Veda Bharati.

John Sellinger is based in Swami Rama Sadhaka Grama ashram, Rishikesh, India where he dedicates his time in teaching ashram programs as well as working to publish the works of Swami Veda Bharati.

135 / 95 Fr (Members)  
Please register with:  
leasellinger@hotmail.com  
078 794 84 90