

MANDALA AND SHAMANISM

A Mandala Vinyasa journey through the wisdom of the Elements.



Applies to The Yoga People 500 Hour Teacher Training Program – Yoga Alliance.

Sat 5th & Sun 6th June. 10.00 - 16.00

Teachers: Dulce Aguilar, Jamie Clarke & Carlos Mundalah

Investment: £850 GBP
Non refundable deposit: £150 to guarantee a place on the course.

The course has evolved through creating a connection between each **Element** and its corresponding **Chakra**. The intention is to bring **healing** to our first four energy centers, which represents the surrendering of the ego identity to “**a being of trust**”. elements and prana points will be accessed through a **Mandala Vinyasa Flow**, each based on the 4 main group of muscles of the leg. This ceremonial work will also be reinforced with Mantra, Indigenas Dancing & sealed with Meditation hgfredsw bgtiuybfdsa



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