

😊 Yoga is a way to embody the flow of our elemental body and invigorate our primary connection with nature from within. Join us for 4 days of Elemental Prana Vinyasa Namaskars and Prana Vinyasa Movement Meditation practice with Konstantina Maridaki as we ritually recharge while going deeper in the art of teaching living flow.

😊 In a mandala of five elemental prana vinyasa practices and meditations for our sacred center, we will journey into how to cultivate a cellular experience of our “elemental body” for fertilization of our practice, teaching and life. My teacher Shiva, founder of Prana Vinyasa, shares with you her life work to revolve the roots and evolution of namaskar as movement meditation to transform routine “sun salutations” into the transformational art of their origins.

😊 Our focus is on the “art of namaskar” and the power of flow states in movement mediation to heal, balance and realize our renewable connection to the elements. We are at a turning point as we realize the shift towards the renewable power of nature is also happening with us. We will honor the intersections of elemental teachings within yoga, Ayurveda, Tantra and indigenous cultures and focus on embodying of earth wisdom for healing modern disconnection.

👉 Experience the “roots and evolution of vinyasa” as Shiva offers the Elemental Vinyasa pathway of the Prana Vinyasa Elemental Namaskars and Solar-Lunar Waves Sequences of the Prana Vinyasa Mandala of Flow system. This system is a unique part of our teacher training which offers the maps of embodiment through the elements as the art of yoga and life-sequencing for realization of our full-potential and dharma in the world.

Highlights include:

- ☾ Introduction to Vinyasa as movement meditation
- ☾ Awakening and principles of vinyasa as movement meditation as we focus on poetry, rhythm, breath and movement patterns.
- ☾ Art of Namaskar Workbook with the Five Elemental Namaskars – Bhumi (earth) Namaskar, Jala (water) Namaskar, Agni (fire) Namaskar, Hridaya (air) Namaskar, Akash (space) Namaskar that are part of the 40 Namaskar Mandala.
- ☾ Experience the integration of elemental meditation, mudra, mantra and bhavana (contemplation through the heart) in two complete lunar prana vinyasa practices a day.
- ☾ Five Prana Mudra Vinyasa and five step process of leading movement meditation
- ☾ Understanding the microcosm-macrocosm of the elemental body within yoga and cross-culturally and the importance of embodying nature in our current times of ecological change.
- ☾ An introduction prana vinyasa movement alchemy system and how to use a “practice palette” and available online Yoga Alchemy practices to create life balance and flow.

This course will give 40 hours towards 200/300 hour teacher training certification of Shiva Rea’s Samudra Global School of Living Yoga.

- Early bird discount offer until 1 of March

Register:

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