



SONJA RADVILA

Sonja Radvila and her husband Luke Jordan are the teachers of the AntwerpYoga Mysore program. They have studied intensively with Sri K. Pattabhi Jois and his grandson R. Sharath, and now travel the world sharing their knowledge on asana, philosophy, and Indian dance. Sonja was first introduced to yoga in 1999 while studying dance in Chennai, India. She has since become a dedicated practitioner of Ashtanga Yoga and her teachers include Annie Pace and Richard Freeman. Sonja has taught a.o. in Colorado and Washington, D.C., Japan and now Belgium. She is also a student, teacher and performer of Bharata Natyam (Indian Classical Dance). Like no other she knows how to fuse strength with gracefulness.

STRENGTH AND THE ASHTANGA PRACTICE WITH SONJA RADVILA

Sunday 19/02, 14.00 - 17.00

Often we “muscle” our way through our asana practice, or find that we have little strength at all. The Ashtanga method is a great mirror for how we meet difficulties on and off the mat. This workshop will look at how we can better integrate breath, bandha and mindset to build sustaining strength and stability in the areas that challenge us most. This workshop will help you realize that a successful asana sequence does not rely on muscle strength alone. This workshop is suitable for beginners to seasoned yogis.

**Sonja's husband, Luke Jordan, will teach his workshop on sunday 4/3. Book both sessions for 70 euro.*

Date & Time: Sundays 19/2, 14.00-17.00

Address: AntwerpYoga, Frankrijklei 107, 2000 Antwerp

Registration: info@antwerpyoga.be

Price: 1 session: 45 Euro, 2 sessions: 70 Euro*

Payment: 001-6449760-15

IBAN BE83 0016 4497 6015, BIC GEBABEBB
mention your name + name workshop

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