

Vibrant Living Yoga

Sequencing and the movie of our life

with Daniel Aaron

March 22 • 4-6:30 pm

March 23 • 8:30 - 11:30 am, 4-6:30 pm

Bali Yoga Shala • Kerobokan



We dive into the power of vinyasa to experience how breath and movement creates power. Arranging individual asana (posture), which are like snapshots, into creative, life-filled sequences, is yogic cinematography. Having optimized each frame, we focus on the art of linking them (vinyasa), increasing flow, prana, power and happiness. Each session will be complete in itself and will include asana, sequence-building instruction and meditation.



Daniel Aaron, founder of www.RadiantlyAlive.com, directs the Vibrant Living Yoga School and Teacher Training in Bali. He shares his passion for yoga, and how to use it as a potent tool to evoke our highest potential for health and happiness, guiding students to accept them self fully and challenge their limitations. Mixing a diverse yogic education with dozens of modern masters (JivaMukti, Astanga, Iyengar, etc), his own experience of 'the teachings,' creativity and spontaneity, Daniel creates classes that are eclectic, fun and inspiring. For information about him, the teacher training, workshops and retreats in Bali, and around the world, please see www.DanielAaron.com.

Fee: Early Registration discount – payment by 14 March: Rp 450,000 for all three classes, or Rp 175,000 for one. After 14 March: Rp 525,000 for all three, or Rp 200,000 for one – to Bali Yoga Shala, Jalan Raya Kerobokan No.10, Phone (0361) 735 202 , 081 338 311 066