


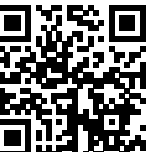








# 200 Hour Yoga Teacher Training in Rishikesh



Location **South East, Middlesex**  
<https://www.freeadsz.co.uk/x-296088-z>

ASANA Body awareness is being built up through latest exercises in Tai Chi and Pilates. No muscle strength or flexibility available due to almost no exercising throughout the whole life. Sitting postures are good, cross legged or kneeling. Several asanas put together in a sequence will address all 7 Chakras. Sequence should be balanced, so the chakra wheels can be activated, different speed of the wheels will be addressed too. Gentle twisting will be part of it. Bajrasana – Thunderbolt or kneeling Kurmasana – turtle, activating Manipura Chakra Cat & Cow Stretch – warming up the spine gently, bringing awareness to breathing properly, using props under the knees (prophylactic) Baddha Hasta Utthanasana – lengthening the whole body and bringing awareness to the spine Navasana – strengthens core and back muscles, creates.

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