

Transformative Awareness

A Yogic Journey into the Miraculous

Das besondere Yoga Event

Shikha Sud and Martin Virag Lehmann-Waldau have created this special blend of solid techniques combining classical hatha and transformative yoga with mindfulness and loving-kindness meditation.

This unique event combines clarity and strength in the body with an opening and intimate presence of the heart and the mind.

Shikha and Martin take you on a 4-hour-journey that consists of two parts held together by a tea break.

You are invited to bring whatever topic is moving and touching you right now and let it be transformed by the journey we will take together.

The workshop will be held in English with optional translation if requested.

Shikha is a registered Hatha Yoga Teacher (accredited by Yoga Alliance, International Yoga Federation, European Yoga Association), and a Grand Master in Transformational Yoga (Accredited by Yoga Alliance International) as well as a certified clinical Hypnotherapist.



Martin Virag is a relationship-coach with a focus on combining body, mind and heart. He has spent over a decade in the Indian Himalayas and studied a variety of meditation approaches, yoga, dance and body work.

**Samstag, 12. August 2017, 14:00 bis ca. 18:00 Uhr, Pfinztalstraße 90, Raum 319
(Beratungsraum Martin Lehmann-Waldau), Karlsruhe-Durlach**

Bitte Yogamatte und evtl. eine Decke mitbringen. Kostenbeitrag 65,00 Euro.

Anmeldung an info@anwaltsmediation-karlsruhe.de bis 04.08.2017.