

Learn a revitalising Isha™ Hatha Yoga practice to fire up the sun within

Surya Kriya is a potent yogic practice of tremendous antiquity, designed as a holistic process for health, wellness, and complete inner well-being.

"Surya" means "sun," and "kriya" means "inner energy process." Surya Kriya activates the solar plexus to raise the *samat prana*, or solar heat, in the system. It also balances a person's left and right energy channels, leading to stability of the body and stillness of the mind.

- Enhance and balance energy levels
- Develop mental clarity and focus
- Relieve chronic back and neck pain



workshop details

Saturday 29 of September, 09.00 - 11.30 and 17.00 - 19.30

Sunday 30 of September, 09.00 - 11.30

Attendance on all sessions is mandatory

Register to learn Surya Kriya in a group workshop

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