

WORKSHOP IN ENGLISH & ESPAÑOL



YOGA - THE WAY TO SERENITY AND PEACE



WITH **BRIGITTE KHAN**

YOGA AS TAUGHT BY **SRI T. K. SRIBHASHYAM**



21-22 September



hathayogamalaga



€120/early bird

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Every human being is born with a constant and unwavering spiritual emotion, that is Serenity and Peace, Santa Rasa. However, it is often hidden under overwhelming human emotions. We will have a closer look at the concept of Santa Rasa that is a prerequisite and a pillar in our spiritual search. We will investigate how the practice of Traditional Yoga and meditation supports Love and Devotion, thus facilitating the access to Serenity and Peace.

Brigitte Khan has been studying Yoga and Indian Philosophy under the guidance of Sri T.K. Srihashyam for nearly 20 years. SRI T.K. SRIBHASHYAM, who left this world in 2017, studied Yoga and Ayurveda from a very young age with his Father and Master SRI T. KRISHNAMACHARYA.



ASHTANGA YOGA
INSPIRATION



RAFA VALERO
ESTUDIO DE YOGA INTEGRAL



Yoga-Traditional