



Force Master

Unforgettable immersion into the yoga and meditation practices helping you to refine your voice and become true Force master.

Yoga has long been recognized as a spiritual and physical journey to experience life directly and be at peace. To further your journey, spend this weekend exploring asana, meditation, and pranayama. We start with practices designed to slowly open the body, and then turn up the heat with asana. Finally, we cool down with restorative poses, pranayama, and meditation, leaving the body stretched, happy, and relaxed. Through our practice, we also enhance our natural physical rhythms while learning how to listen to our body. We explore practices to release tension and restlessness so we can be present in our life with vigor and a sense of calm.

When: 01 June - 30 June 2019

Level: Advanced

Price: €6000

How to Apply

Please use this application form to enroll in any of the 50-hour modules or to apply to matriculate in the 300-hour advanced training program. For already matriculated students, or those who wish to take advantage of the late matriculation discount, there are options on the form to indicate your preference and history.