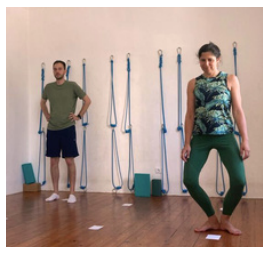


ImproYoga

GET IN TUNE WITH YOUR INNER
SELF, TO FLOW WITH OTHERS

WITH YOGALAB



SATURDAY, 1 JULY 2023
10:00 TO 13:00 IN LISBON
EARLY BIRD: 25€ UNTIL 23 JUNE
CONTACT: INFO@YOGALAB.PT

— AND ANNE BUNTEMANN

ImproYoga

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DO YOU WANT TO DIVE INTO
YOUR SENSATIONS AND RELATE
TO YOURSELF AND OTHERS ON A DEEPER LEVEL?

Yoga, besides bringing physical benefits to the body, is a moment of inner retreat and introspection. Combining this with various methods of improvisational theatre results in a workshop where we will have the opportunity to reconnect with ourselves, open up and listen attentively to our own intuitive impulses and to the input of others, thereby enabling us to be present in the current moment and to flow with others in creative ways.

This workshop is for everyone who wants to explore the body, inner motions and various sensations in relationship with themselves and with others. No Improv or Yoga experience is required.

SO, DO WE HAVE A DATE?

Semente Yoga Studio (near M. Pombal)
Rua Rodrigo da Fonseca 101, 3esq, Lisbon

Instructors:

Alicja Kwiatkowska | www.yogalab.pt
Anne BunteMann | www.annebunteMann.com

— AND ANNE BUNTEMANN

