

Change your Daily Habits with Yoga

Curiously, joyfully, and playfully

1/2 day Seminar & Telco 30 days later

Learn yoga tools in this seminar, which you can use in daily life to become healthier, more flexible, and more relaxed during the day. Stay centered during the day whatever happens!

Why change habits with Yoga?

Yoga is the art of Self-knowledge and transformation. What the holy men in old India already discovered 3000-2000 years ago is now rediscovered and described in modern science.

For whom is this seminar?

Everyone, who wants to become more healthy, more flexible and strong in their bodies, more joyous in life, balanced, and happy for no reason.

People, who have never practiced yoga are welcome, as well as practitioners. We will do some physical exercise, and also learn yoga tools to get to know ourselves better, and to deal better with our emotions. They also allow us to change daily habits in small steps that make a huge difference.

What you will learn in the seminar

In my 1/2 day seminar you learn how the yogis describe us humans in different layers, the Koshas, such as our physical body, our emotional body, or our mind, and which yoga tool to apply to balance if we fell off-center.

We practice and explore, and I will also explain why these tools work – combining the language of the old scripts, and modern science.

Applying these tools in daily life, and telco

For the next 30 days you apply what is fun for you, and what you are curious about, and watch yourself change. We have a 90-minutes-telco on the phone all together after 30 days, share our experiences, and have time for questions and answers.



Benefits of making small changes

Creating conscious changes is a creative process itself, creativity is fun!

By integrating simple yoga tools into your life, you become healthier, more flexible, physically stronger, and emotionally more stable.

Everything we do on a daily basis makes an impact. It is better to do a little bit every day, than for example one big yoga workshop once a year.

By adding the tools into your daily life, the unhealthy habits fall off automatically, without force. We create new habits with love and compassion for ourselves.

We can sleep better, and know methods of how to de-stress and unwind when the mind is going crazy, or when we space out, increasing vitality and joy of life.

Although the seminar has the subject about “change”, actually, it is not about change. It is about accepting us as we are right now. This gives suddenly room for change, and it happens naturally.

Date and place of the seminar

Yogonation, Seefeldstr. 7a, 8008 Zürich
Sunday, 1st April 2012, 12:30 – 3:30pm, 3 hours
<http://www.yogonation.ch>.

Please bring comfortable clothes, and a journal, and a pen, if you want to take notes

Date of telco 30 days later

Dial in via phone, and also receive a mp3-recording of the call

Thursday, 26th April 2012, 7-8:30pm, 1.5 hours

Registering and price

Everyone, who wants to take part in the seminar, please register with me personally before the Seminar date, as there is a limited number of people who can take part. Then I can take care for everyone individually.

Please register at simplyloveyoga@gmail.com.

Seminar price for the workshop on 1st April, and for the Telco per person 127 CHF,

Book until 29. February, and pay only 97 CHF, payment with registration.

Please contact me for any questions!

I am looking forward to seeing you at the Seminar,

Love, and Peace

Sandra



The seminar leader

Dr. Sandra Gross is working as a business professional and knows about the difficulties of maintaining a healthy life style in a daily stressful life by experience. She is an independent International Yoga Alliance Certified Yoga Teacher, healer, and always on the quest of how to work with oneself in a loving and compassionate way in order to be joyous and happy for no reason.

What do you want to change in your daily life? Where are you judging yourself, about simply not being able to do it? Just drop me a line with registration about that! Let's create a happy way to deal with that!

Benefits from the course:

- You know the layers the human consists of, and which yoga tools give energy on each layer
- You know how to integrate your subconscious in change rather than fighting it
- You gained experience with the yoga tools in the course such as simple stretches, guided and unguided meditation, working with the breath, working with emotions when they arise, learn how to be detached and yet active and productive
- You know how to relax, and un-wind consciously
- You made a conscious plan of how to include some of the tools into your daily life
- You get feedback after 30 days together with everyone in the course about breakdowns and breakthroughs

How to change habits?

Curiously: Yoga is about self-knowledge, and self-transformation, become curious about yourself!

Joyfully: Each change, which comes with forceful willpower, is no fun, and will probably not work. Our subconscious has also a say. There are ways to change, which embrace our resistance to change.

Playfully: Explore simple stretches, a method of dealing with emotions, how to listen to your body's intelligence, and other simple tools for daily life. Integrate the ones most intriguing for you in your daily life!