enjoy movement training

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WEEKEND WORKSHOPS:

- WHY SOME POSES FEEL **IMPOSSIBLE** (AND WHAT TO DO ABOUT IT)
- **SMART** YOGA **CHALLENGES**

18-19 JULY

July 18 - 19

weekend special classes

with Sara

Two mornings of movement and discovery.

Move, explore.
→ Join the ***Movement w/Yoga*** **session at 10**

Learn how to keep your practice intelligent, adaptable, and sustainable.
→ Stay for the **Workshop at 11:30**

For practitioners who are curious to understand their bodies better.

For teachers looking for fresh insight and smart ways to guide movement.

Saturday, July 18 · Sunday, July 19

10:00 – 11:15 · Movement W/Yoga

Great for anyone looking to support their yoga practice with mobility, functional strength, and a sense of ease.
Thanks to the variety of movement patterns it offers, this practice can also be engaging for athletes and experienced movers who want to explore a way of activating without performance or aesthetic pressure — a bridge toward dynamic yoga practices.
Accessible to anyone who can follow a Vinyasa yoga class (anyone who can comfortably squat, move on and off the mat independently, round and arch the spine, bear weight on hands and knees, or hold a plank for a few seconds).
Sequences adapt to your current condition in rhythm, range, and intensity.
Music accompanies the practice as a continuous landscape that supports focus and flow.

Saturday, July 18

11:30 – 13:00 · Workshop:
Why Some Poses Feel Impossible (And What to Do About It)

Ever wondered why a pose just doesn't work for you?
In this session, we'll explore how mobility and strength shape your experience of familiar asanas.
Learn to recognize what limits a movement and how to adjust it — for yourself or your students — to create more freedom and understanding.

Sunday, July 19

11:30 – 13:00 · Workshop: Smart Yoga Challenges

You can't force range of motion, but you can train strength intelligently.
This workshop explores how to make postures more (or less) demanding by adjusting muscular load instead of pushing deeper.
Discover how small, smart changes create intensity that's accessible, sustainable, and actually builds strength without strain.

Pricing & Options

- 1 Movement W/Yoga class: €20 or 1 class on AYGJ card
- Full morning (class + workshop): €35 or 2 classes on AYGJ card
- You can join one day or both

Info & registration: hello@yogabodylab.com