



WATSU  INDIA

# Woga 1 & 2

## with Dariya

Woga is the union of two words: water and yoga. It is based on yoga poses and stretches modified for warm water. Thanks to the decrease of gravity the water gives ease to the movements, unblocks the articulations, lengthens and melts muscles, removes the negative tensions, prevents stress, insomnia and anxiety.

Classes include breathing, warm-up exercises, a series of poses, and a relaxation period.

Focus of Woga 1 & 2 is Hatha Yoga in water (asanas in standing position, on the wall, in floating position, and also under water), pranayama and meditation.

Woga 1 & 2 is a worldwide recognized WABA course.



**22 - 23 Dec. 2018**

**9 AM - 5 PM**

At Quiet  
Healing Center, Auroville  
0413 2622 329  
948 80 84966  
[quiet@auroville.org.in](mailto:quiet@auroville.org.in)