



WATSU  INDIA

## WOGA (Yoga in Water) 1 & 2

with Petra Buschfeld

Certified WOGA Instructor



Woga is the union of two words: water and yoga. It is based on yoga poses and stretches modified for warm water.

Woga 1 includes warm-up exercises, a series of Asanas (standing, at the wall, floating) and a relaxation period.

Woga 2 includes Pranayama (breathing exercises), additional Asanas, meditation, and a relaxation period.

Due to decrease of gravity, water gives ease to the movements, unblocks articulations, lengthens and melts muscles, removes tensions, and prevents stress, insomnia and anxiety.

- Date:** 13 - 14 February 2019  
8.45 AM - 5.00 PM (6 hours)
- Prerequisite:** no previous experience required
- Bookings:** Quiet Healing Center - Auroville  
Phone: 0413 2622329 / 9488084966  
E-mail: [quiet@auroville.org.in](mailto:quiet@auroville.org.in)  
[www.quiethealingcenter.info](http://www.quiethealingcenter.info)