

Granada-Spain.

Conscious Hatha and Restorative Yoga from September 10-15

Location: Molino del Zegri

In this 5-day course, we will work to: Improve our body posture in daily life, incorporate all the benefits of conscious and functional breathing, use muscle activation for a safe practice; and be able to experience the effects of relaxation on our nervous system. All of this through a conscious practice of Yoga Asanas.

Many times, we come to Yoga practice with some postural compensations that we bring from our daily habits and we are not aware of them. Therefore, in this workshop, the intention is to create awareness (the only way to make space for transformation) about what our tendencies are and begin to create a new postural record that helps us connect with this new awareness.

“Flexibility is not just the ability to reach further, but knowing when it is enough.”

How will we do all this?

Asanas will help us cultivate strength. Effective and efficient breathing will give us the ability to use the abdominal muscles to support a healthy spine and also balance the nervous system.

The yoga I practice, share, and teach has challenging, demanding, and intense poses that remove all the stagnant energy from us; as well as deep states of glory that are the fruit of the panacea that Restorative Yoga gives us.

In this 5-day workshop, we will experience all these stages, without leaving aside meditation, reflection, and fun. In addition to doing Yoga, eating delicious and healthy food, we will go out to explore and enjoy everything Granada has to offer: that unique artistic expression that touches our soul in every sound like flamenco, the grace and subtlety of dance, the delicacies of their typical food, and the possibility of getting lost in those magical streets through their culture and idiosyncrasy.

Schedule.

7:30-9:30 Morning Practice. Activation through breathing and Conscious Hatha.

9:30 Breakfast

11:00 Restorative Practice and Reflection.

2:00 pm Lunch

6:00 pm. Conscious Hatha and Relaxation.

8:00 pm Dinner.

About Mariné Larripa

I've been on the path of Yoga for almost 20 years. Besides experiencing Yoga as a philosophy of life, I find through the practice of asanas a tool to make our backs carry less tension. I can assure you that a life without these accumulated tensions is a state of fullness and happiness that is experienced in the mind and felt with all the heart.

Yoga is an abundant and leafy tree that leaves nothing out, it touches all aspects of being; from emotions, physical attitude, mental beliefs: to the connection or meaning of spirituality in our daily lives, always having as a horizon the work on the respiratory system and healthy eating. In some mystical and inexplicable way, ancient yogis knew truths that science now accepts and supports. Although I have been on this path for so long, I am still amazed and inspired, always finding an inexhaustible source of wisdom.

As a good Leo, and 8 on the Enneagram personality, I am rebellious and have changed many beliefs about asanas. Nowadays, there are a lot of positions that I prefer not to practice, because although the ancient yogis knew infinite truths about being and metaphysical aspects; their knowledge of biomechanics, anatomy, muscle chains, and the musculoskeletal system was scarcer.

It is our obligation as teachers of the 21st century to change certain paradigms from a place of seriousness and respect.

Besides being a yogini, I am an athlete. I have been surfing for more years than doing yoga. That is my other philosophy and lifestyle. I also play tennis several hours a week. Although yoga is a fundamental part of my life, let's say that I have few hairs of being calm and serene like the profile of a Yoga teacher would be. The practice of asanas, pranayama, meditation, etc., has been of great balance for my personality, and I trust so much in this system that it infinitely gratifies me to be able to share it with you. With much enthusiasm and expectation, I hope we can experience all this together!

Namaste Marine Larripa