

Elements of Functional Yoga

How the Feldenkrais somatic paradigm can enhance the practice of yoga

Workshop with Erifily Nikolakopoulou
October 12 – 13, 2019, Vienna

In Yoga we learn to tune into our mind, body and breath processes. But what we tune into is only what is already available to us. When the principles of the Feldenkrais Method combine with yoga, they bring new depths of understanding and connection to the function and structure of the self. Join Erifily in a journey of self discovery through experiential anatomy, guided imagery and awareness through movement.



Erifily Nikolakopoulou is a Certified Feldenkrais Practitioner and Kripalu Yoga teacher based in Athens, Greece. She studies Basic Mindfulness with Shinzen Young. Her mission is to help people enhance their quality of life by developing body awareness and sensory clarity. More on Erifily: www.atomyoga.eu

Saturday, October 12, 2019 10:00 – 17:00 • Sunday, October 13, 2019 10:00 – 17:00

Let's shed some light on the 'blind spots' of our individual practice!

Workshop fee: € 220,- (inkl. MwSt./VAT), reduced (e.g. students): € 180,-
The workshop will be taught in English.

Please contact us with any question you might have and to register:

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