

KIA NADDERMIER, Brussels December 03-12 – 05-12- 2020

NADI SHODANA – Balancing the pairs of opposites Pranayama & Ashtanga Yoga Intermediate Series Intensive

Kia Naddermier has over 25 years experience of Ashtanga Yoga and is the main teacher & director of **Mysore Yoga Paris** (<http://mysoreyogaparis.com>) where she upholds the daily Mysore-program. She is a dedicated advanced practitioner and teaches Ashtanga Yoga, Pranayama, adjustment techniques. She mentors teachers, runs long-term apprentice programs and gives workshops, trainings and retreats internationally.

Kia is a devoted, senior student of *Shri O.P. Tiwariji* and is certified to teach advanced Pranayama & Kriyas in the *Kaivalyadham*-lineage.

Kia teaches with careful adherence to the authentic teachings of Ashtanga Yoga and pranayama whilst encouraging each individual to explore the beauty of the practice for themselves. With a genuine dedication to the growth and development of her students, her way of teaching integrates her profound knowledge of the breath and Pranic energy, subtle and physical anatomy, with yogic principles & philosophy. She offers an including, safe and inspiring space open for personal exploration, inquiry and transformation. Her deep love and years of dedication to all aspects of this practice shines through in her warm, insightful and inspirational teaching.

NADI SHODANA – Balancing the pairs of opposites

The *Sushumna Nadi* or the mid-line of the body is described in Tantric texts as an empty vessel, like a flute played by Krishna. When the energy flows undisturbed through the central channel, the mind settles into the breath and they become one. This can only happen when the pairs of opposites find perfect balance, which is the purpose of all traditional Hatha yoga practices. *Nadi Shodana*, the Intermediate series of Ashtanga Yoga is said to purify the subtle channels for this very reason.

Nadi Shodana means Purification of the *Nadis*. This transformational sequence combines deep back-bending, twisting, hip-opening and balancing postures. It is designed to awaken and strengthen our entire body, spine, nervous- and energy system - ultimately allowing *Prana* to flow continuously and uninterruptedly.

PRANAYAMA

The division between the body and mind is first healed with the breath. Hence *Pranayama* is considered the central aspect of any authentic *Hatha* yoga practice. In these sessions we will deepen our appreciation of the subtleties of breath and its significance in yogic practices and philosophy. New students will be introduced to traditional teachings of *Pranayama & Kriyas*, whilst those with more experience will refine and deepen their practice and understanding.

In this intensive, Kia will guide us through traditional *Pranayama* practices and take us on a playful and explorative journey of *Nadi Shodana, the Intermediate Series* of Ashtanga Yoga. We will approach this transformational sequence with intelligence and awareness of both physical and energetic alignment principles, enabling you to inform and inspire your practice regardless of your current level.

“As our practice matures so does our appreciation for its many layers and subtleties.” Kia

WORKSHOP PROGRAM : an exploration of Nadi Shodana

Friday 03/12

Friday Evening (2,5hrs) / 18:00 – 20:30

Intermediate Series Master classes - practice, principles, philosophy & adjustments.

Please arrive at least 15 mins before to set up on the first day

Saturday 04/12

Morning : (2,5hrs) / 8.30 - 11.00

Intermediate Series Master classes - practice, principles, philosophy & adjustments.

Breakfast and rest time

Afternoon (1.5hrs) / 13:00 - 14:30

Pranayama & Kriyas - practice, techniques and philosophy.

Sunday 05/12

Morning : (2,5hrs) / 8.30 - 11.00

Intermediate Series Master classes - practice, principles, philosophy & adjustments.

Breakfast and rest time

Afternoon (1,5hrs) / 13:00 - 14:30

Pranayama & Kriyas - practice, techniques and philosophy.

For lunch time, the Place Saint-Job is nearby as well as the Vivier d'Oie shops and if the weather permits, there is the possibility to have a picnic in the small garden and rest in the room.

Saturday evening, if you like, I invite you to meet in Anjali Shala to share the meal together.

Everyone brings something to eat and / or drink and we set up a nice buffet table.
It will be an opportunity to meet and get to know each other better.

Rdv at 6.30 p.m. in Anjali Shala:

215 rue de la Victoire - 1060 Brussels / Saint-Gilles

Trams 81, 92, 97 - "Janson" stop

Bus from Ch. De Waterloo - "Ma Campagne" stop

Bus 54 - "Trinité" stop

Bike arches in front of the house.

The address of the Workshop's Studio : Studio Latéral 19 - avenue Latérale 19 - 1180 Bruxelles
Opposite the Vivier d'Oie SNCB station

Bus : 41, 43, 74, 136, 137, W

Tram : 92