



iyengar yoga
zentrum berlin

Weekend Workshop - In Person + Online

November 28-29, 2020 with Elizabeth Brass

The Anatomy of the Feet in Asana

*"You want to stand on your head and you don't even know
how to stand on your feet."*

-- B.K.S. Iyengar

Understanding the mechanics of your feet and the patterns in your foot structure is the first step to establishing a solid foundation in your yoga practice. Just as the foundation of a building must be level to support all the structures above, so the feet must be balanced and sturdy to support the legs, spine, arms, and head. If our base is tilted or collapsed, it will be reflected up through the body as distortion or misalignment. In Iyengar Yoga, we study the anatomy of the feet and explore how asanas and actions can promote better alignment not only in the feet themselves but also in the whole body.

In this workshop, we will practice a range of asanas including standing, sitting, twisting, and back bending poses and study the basic anatomy of the feet and how it applies to asana practice and daily life. Enhanced strength, flexibility, and mobility through the feet leads to a sense of stability and rootedness, so important in today's fast-paced world.

This workshop is open to yoga practitioners with a minimum 2 years Iyengar yoga experience.

Workshop: Saturday, November 28, 12:00-2:30pm, 4:00-6:00pm

Sunday, November 29, 12-2:00pm, 3:00-4:30pm

Workshop Fee: 120 €

Payment: GbR Brass Voigt

IBAN: DE 79 1007 0848 0031 380900

BIC: DEUTDEDB110. In your transfer, please write "Brass Workshop, November 2020."

Information and Registration: www.iyzb.de or elizabeth@iyzb.de