



Dhyan Marg Deepening your awareness

**Step beyond movement and discover yoga
as a journey inward.**

This class is for those who wish to explore the deeper side of yoga — where the body, breath, and mind come together in harmony. We begin with gentle postures to awaken strength and flexibility, followed by breath awareness and other techniques rooted in the ancient yogic tradition.

As the practice unfolds, we explore chakra awareness, noticing how energy moves and balances within us, and end with grounding. As we progress, we also discover related yogic philosophies — timeless wisdom that helps us bring balance, clarity, and mindfulness into daily life.

A beautiful way to reconnect with yourself, recharge your energy, and find stillness amid the flow of modern life.

Eligibility : 🧘♀️ Suitable for regular yoga practitioner or have attended previous Dhyan Marg

When: Nov 2 - Nov 27, 2025, 6:30 AM CET

Where: Online via googlemeet

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With Viji