

WORKSHOP YOGA THEMA: RUST IN JE HOOFD door HILDE COSYNS

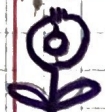


hoe voel je?



hoofd na hart, oregore: hoofd o/h hart
→ symbolische ophopende

- vaak enkel bij extreme gewelven
- belangrijke vraag om dagelijks te stellen!
- in yoga, o.a. aanbrengen, tijd om
- te voelen, natuurlijke A-ritme, draait af?



lichaam ontwaakt
jij ontwaakt loop u/body

kin = vloer
kin na schouder
juiste compressie
(fysisch, mentaal)
schouders zacht



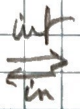
massage
ruggen



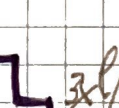
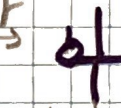
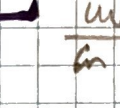
utanasana
antha



udhva
mukha



3x l/r

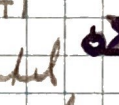
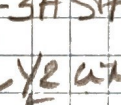
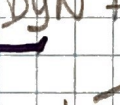
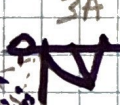
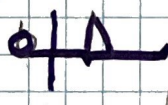


lichaam op, knieën samen
hoe voel je? in dit hier en nu?
contact met bodily mat, de steun v/d aarde
niet zoeken na het juiste gevoel, acceptatie wat is

gemaakt spieren ontspannen
geen spanning v/d ruggen



onderkruip v/d mat
cirkelen



beurgen naar in het pluis
niet te dicht of montje
draait na

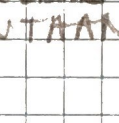
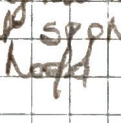
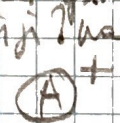
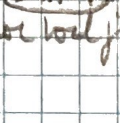
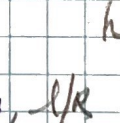
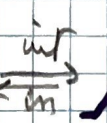
3A DYN + 3A STAT

1/2 wikel

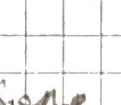
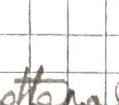
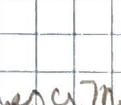
2 arm, vingertips op de grond
1 arm op de knieën/mat
STAT: niet op aspiere manier
hoe voel je? wat spontaan?
+ hoofd



dandane

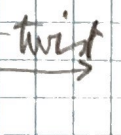
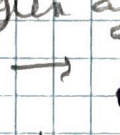


ga niet zo ver af je kan
hart en body tijd v/d pose
explorer de pose, hoe jij voelt



resu mottensene
lift borst, schouders verlichten, (A)
handen laten rekken naar de grond
geen agenda

+ twist



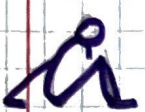
jeugdassene + twist: 1 hand a r w
2 hand op rug

lift borst
hoofd lift schouders

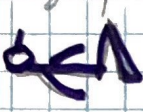
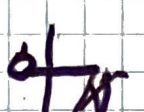

 -OG
 3A STAT
 3A + pause
 ① Indigien
 paene ↑, monoidheid
 CH 

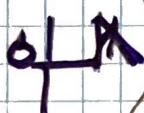
uit
 in
 3A


 dandana
 kl shoke
 met de blanch


 in
 uit
 3x
 IN + pause
 paene ↑
 ② gelykmatig blijven eten

CH 
 onderling q's uit
 " " p-IN ↑


 → 
 uit
 in

 (L/R)

CH 
 indigie beweging
 ⇒ 
 (L/R)
 nu onder ben
 knullen rond ben

① → kipsin komen uit q's de paene
 v. had ne andere richting
 vol de zuuracht, met dubbel

CH 
 kin ne komt
 voorhad → knie


 hoe wil ik mij nu?
 want v. observeer
 en houdig willen

→ 
 , handpalmen
 wijken x doe q's pleat, OG
 , laat handen zachtjes vallen,
 licht komt recht terug


 Bodu Scan