



**Navakaraṇa Vinyāsa**

# **IMMERSION WORKSHOP WITH DARIO CALVARUSO**

February 24-25-2024

**Navakaraṇa  
Immersion Workshop**

**THE ESSENTIALS**

Explore in-depth the most important elements of  
Vinyāsa practice and Navakaraṇa Method.  
Saturday & Sunday/ February 24-25-2024  
9.00-16.00  
410€/ early bird 380€  
[info@exhaleyoga.lu](mailto:info@exhaleyoga.lu)

Exhale Yoga 11, rue de Machault L-2111 Luxembourg-Merl  
+352 621 644 848 [info@exhaleyoga.lu](mailto:info@exhaleyoga.lu) [www.exhaleyoga.lu](http://www.exhaleyoga.lu)  
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## THE ESSENTIALS

Explore in-depth the most important elements of Vinyāsa practice and Navakaraṇa method.

## CONTENT

1. Navakaraṇa Explained
2. Prāṇa in practice
3. The essentials in practice
4. Bandha and Kriyā in practice
5. Kinesthetic progression explained
6. Synergetic Sequencing explained
7. Common mistakes to be avoid in practice
8. Safety and progress in practice
9. Skills in practice

## SETTING

In order to maintain a high standard of learning experience, facilitate apprehension and easy interaction between the faculty and students, we do not accept more than 30 participants in class.

If you are serious about joining our training register now to ensure your spot.

## SCHEDULE

### Preliminary

Participants must have taken bath before entering the śālā. Nobody is allowed to enter the śālā without having taken bath. Śālā will be open by 8:45 am.

### 8.45 a.m. Getting ready

Students enter the śālā silently:

- at empty stomach, clean body and composed mind
- keeping complete silence
- set the mat and props
- then sit for mindful breathing until commencement of the class.

No food is allowed in the śālā.

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### 9.00 -10.30 a.m. Series

By 9:00 o'clock the śālā door is closed and thereafter nobody will be allowed to enter the studio. Class starts with Teacher's introduction to the series, followed by series practice.

### 10.30 -10.45 a.m. Refresh

Refresh and change clothes.

### 10.45 -12.30 a.m. Workshop

Insight into the practice.

### 12.30 -13.00 a.m. Brunch

### 13.00 -14.00 a.m. Lecture

Discussion and methodology.

### 14.00 -16.00 a.m. Practical Training

Conditioning and training.

## **LANGUAGE**

Conducted in English.

## **RATES**

410€/ 380 (early bird until December 31<sup>st</sup>)

## **CLASS REQUIREMENTS**

### **Class compulsory requirements:**

- notebook and pen
- personal mat
- one exercise towel
- one face towel
- a change of clothes

### **Recommended:**

- water bottle or thermo
- five-toes socks

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## FREQUENTLY ASKED QUESTIONS

### AM I READY FOR THIS WORKSHOP?

This workshop is suitable for all levels from beginners to advanced practitioners and teachers. We cover in-depth the fundamentals of the Navakaraṇa Vinyāsa methodology in this 12-hour workshop.

### IS IT POSSIBLE TO TEACH NAVAKARAṆA IMMEDIATELY AFTER THE WORKSHOP?

This is a foundational workshop into the Navakaraṇa methodology and practice and a preparatory workshop for the teacher training.

To become a Navakaraṇa teacher, you will need to graduate from at least one of our Navakaraṇa Vinyāsa Hṛdayam Teacher Training modules where you will learn the sequences and teaching skills in details.

