



WORKSHOP REBECCA HANNAH

October 20th to 22th 2023

WORKSHOP WEEKEND WITH REBECCA HANNAH OCTOBER 20TH - 22TH 2023



info@exhaleyoga.lu
www.exhaleyoga.lu

Exhale Yoga 11, rue de Machault L-2111 Luxembourg-Merl
+352 621 644 848 info@exhaleyoga.lu www.exhaleyoga.lu
VAT LU22232402
IBAN LU76 0019 3955 9416 4000 Swift Code BCEELULL



Friday 18.30 – 20.30/ 60€ (early bird 55€ until 15th September)
Master Class - Art of Flex-ability - Backbend Focus

Inspired by vinyasa yoga and dance this class links breath to movement helping you to find your flow state and switch off from the chaos and stresses of modern day life.

In this class we will focus on the technique of spinal waves and spirals. We will explore how the spine is built to not only flex, extend, laterally flex and rotate: but also to undulate like a wave.

We will then look at how to apply this spinal action and its benefits to asanas such as cobra (bhujangasana), camel (ustrasana) and wheel (urdhva-dhanurasana) creating a longer spine, stronger core and more detoxifying backbend.

Saturday 10.00 – 12.00/ 60€ (early bird 55€ until 15th September)
Flip your grip

Want some input into your practice of king pigeon, cobra or bow pose?

This workshop will use dance-inspired spinal waves, circles and twists to explore how to create length and strength in the spine - as well as how to perform fluid and graceful transitions. You'll explore alignment, modifications, props and partner work for cobra, bow and kapotasana, strength and mobility drills for the upper back and shoulders to help prepare for kapotasana, and how to seamlessly sequence and transition in and out of these backbends – including a special focus on moving in and out of kapotasana both actively and passively.

This workshop is suitable for anyone with a regular practice.

Sunday 15.00 – 17.00/ 60€ (early bird 55€ until 15th September)
Wheeling around

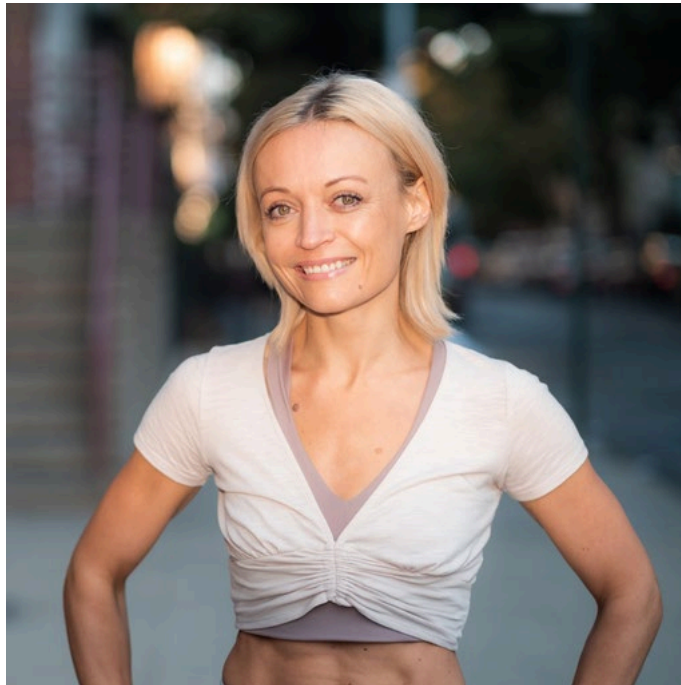
Want to develop the strength, awareness and mobility to safely deepen your backbend practice?

This workshop will focus on the foundations of camel and wheel pose, including safe and effective warm ups, mobility drills, prop and partner based assists to target the key players in backbends – the shoulders, back, hamstrings, glutes and hip flexors – plus explore essential alignment principles. You'll learn some fun transitions, creative sequencing and variations including camel to wheel, forearm wheel – plus dropbacks!

These workshops are for you if you have been practising for at least six months and you have arrived at the point where targeting specific areas of the body would help advance your practice.

FULL WORKSHOP WEEKEND / 170€ (early bird 160€ until 15th September)

Exhale Yoga 11, rue de Machault L-2111 Luxembourg-Merl
+352 621 644 848 info@exhaleyoga.lu www.exhaleyoga.lu
VAT LU22232402
IBAN LU76 0019 3955 9416 4000 Swift Code BCEELULL



ABOUT REBECCA HANNAH:

“My mission is to inspire your creativity, ignite a sense of fun, freedom and playfulness in your practice and support you to be happy and healthy from the inside out.”

It is my belief that everyone has the potential to be creative. My intention is to support you to find your physical expression and creativity, learning how to move in an intelligent way that works for you, your lifestyle and goals.

Just like we need variety in our diet I also believe that our bodies need to learn to adapt and move in a multitude of ways. To support this and help you reach your peak physical performance my teaching incorporates movement from a wide variety of disciplines including yoga, contortion, calisthenics, functional fitness and dance.

Everything in life is movement, even the word emotion ‘energy in motion’ connotes movement. Just as it's important to work on your physical health I also believe that qualities and attributes such as creativity, imagination, self-belief, self-expression and self-confidence work like a muscle and that you need to train them in order to make them stronger. To support this my teaching style focuses on the way we frame our thoughts and language looking at how the intentions that we set and the words that we use have a powerful impact on our performance and the relationship we have both with ourselves and the wider world around us.