



## MASTER CLASS with Dario Calvaruso

### DESCRIPTION

#### Navakaraṇa Vinyāsa – Hṛdayma Series

21<sup>st</sup> February 2024/ 18.30-20.30

A true authentic experience of the unique style of a Navakaraṇa Vinyāsa class. The class is led with tempo (laya) and svara (melody). Minimal instructions with Sanskrit recitation are given with rhythmic beat (tālam), tuned to a sound pitch (nāda) and chanted to particular intervals of tones (Navakaraṇa rāga). The choreography of Navakaraṇa sequences are methodologically arranged to offer options for all levels. Navakaraṇa Vinyāsa Series are taught following the lunar month (candramāsa) so practitioners will practise a different series every day throughout the whole phase of the moon.

This class is accessible to everyone with a regular practice and in good health condition. Senior Navakaraṇa practitioners are placed in the front of the class to guide new students during the practice.

#### Navakaraṇa Vinyāsa – Deconstruction

22<sup>nd</sup> February 2024/ 18.30-20.30

This class consists of detailed break-down of a selected sequence. Particular emphasis is given in deconstructing the kinesthetic progression which leads into the pose giving in-depth details on the base, gravity, orientation, anatomical focus, energy and how to achieve kinesthesia (control over body parts and movements and to master difficult poses).

#### Navakaraṇa Vinyāsa – Bheṣaja Series

23<sup>rd</sup> February 2024/ 18.30-20.30

A true experience into holistic therapy. This class consists of slow mindful movements which focuses on the holistic approach. You will experience the unique style of Navakaraṇa method and how sounds, slow movements and stretches lead to a meditative state. This class includes also Sound Meditation and Emotional Release Practice.

### LANGUAGE

Conducted in English.

### RATES

Drop-in 60€/ early bird 55€ until December 31<sup>st</sup>

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



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