

Flooded with Joy Masterclass

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Your brain contains a network of neurons, incomparably vast, with more connections than are stars in the Milky Way. Lit up, this luminous filigree would dazzle all within its sights. The threads of this delicate web are pulsing with shimmering molecules, tiny packets of ecstasy, spreading their dharma of delight. Deep breathing stimulates a cascade of bliss molecules to light up every fibre of your being; practicing asana and pranayam your body becomes a field of radiant sensation.

Our vinyasa flow practice will be a moving meditation on the breath as we flow from surya namaskar to standing poses, deep forward folds, twists and exultant backbends. We will sing the body electric and breathe the body of bliss.

Come celebrate your senses!