

# Weekend workshop 1-3/12

## Jordan Bloom



**Weekend Workshop, an amazing opportunity to take your practice to a higher level and to get more understanding about yoga, your practice and philosophy .**

**Friday 1/12 - 18.30-21.00**

*The hips don't lie*

**Saturday: 2/12 13.00-15.30**

*Upside down is right side up*

**Sunday: 3/12 11.00-13.30**

*Do not go gentle into that good night*

Weekend Workshop: 180€- separate session 75€/ each  
register : [helena\\_hemma@hotmail.com](mailto:helena_hemma@hotmail.com)

**Cancellation Policy:**

after October 20, 2017: 50% refund  
cancel after November 10, 2017: no refund

**At: Happy Fitness  
20 Rue des Peupliers  
L-2328 Luxembourg-Hamm**

**Jordan Bloom:**

Is an internationally renowned Yogateacher. Living an empowered life that is filled with joy is a guiding principle behind his approach to yoga and life.

He has been teaching yoga for 17 years and for the last 10 years, Jordan has been circling the global teaching classes, workshops,immersions,Therapy trainings,teachertrainings.

Using his diverse life experiences and his playful sense of humor,Jordan brings fun , laughter and intensity to his classes.

Learn more about Jordan at:

[www.jordanbloom.com](http://www.jordanbloom.com) and connect at  
[www.facebook.com/jordanbloomyoga](https://www.facebook.com/jordanbloomyoga)



Descriptions:

**Friday, December 1, 2017:**

**18:30 - 21:00**

***The hips don't lie***

Fundamental to everyday life, functional movement and even our own mortality is the strength and mobility of our hips. Whether it be walking, getting up off the floor or picking something up, the hips are involved in virtually every single movement we do. But from too much sitting and being sedentary we lose our ability to move freely and efficiently. In this workshop we will work on techniques and tools to regain and recapture hip function. All of us are on the go and busy, but these will be tools and movements that can be incorporated into our day to day lives. It is never too late to start...

**Saturday, December 2, 2017:**

**13:00 - 15:30**

***Upside down is right side up***

Inversions... headstand, handstand, forearm stand... those poses which we can't help but be curious about, yet also invoke a little fear and trepidation in most of us! Inversions have many benefits such as developing great proprioception, body awareness and strength. Most of us though, approach these poses either by throwing caution to the wind or by avoiding them completely. But like with most things in life, they take understanding, practice and time to achieve and derive the benefits without injuring ourselves along the way. In this workshop we will lay out the steps to progressively achieving these poses. These steps will involve:

- getting comfortable being upside down
- developing the spinal stabilization and strength to control the body
- regain the necessary mobility required

Come ready to learn and have fun, while working safely and progressively. For all levels of practitioners.

**Sunday, December 3, 2017:**

**11:00 - 13:30**

***Do not go gentle into that good night!***

The promise of yoga is not freedom, but rather a beautiful life that is well lived. And yet all too often, we think aging equates to a gradual increase in suffering and a decrease in quality of living. Yoga philosophy and asana are strategies of pushing back against the arrow of time and aging. We can age with grace, integrity and the wisdom to not ignore the limitations that arise with embodiment. We can also learn to live more skillfully within these limitations. In this workshop we will learn about the negative tendencies that the body is exposed to through our lifespans, and explore the importance of backbends as a strategy to recapture and maintain a vibrant body throughout our lives. We will learn routines and simple techniques that help to ensure a healthy spine and a healthy life. For All Levels.