

# Pop Up: Satya Yoga with Ria Haffar

**S**ensory  
**A**wareness  
**T**raining  
**Y**oga  
**A**ttunement

Satya practice is a very unique way of practice to open the doors into your body, providing new pathways of perception and feeling.

It guides you away from 'doing' 'movement' and towards sensing. As an adjunct to yoga practice, somatic awareness leads to embodied wisdom.

Satya is a yin style of yoga. All the movements take place on the floor in a flowing fashion, without force. The aim is to counter 'sensory motor amnesia' and to gain awareness in places where there has been numbing or freezing. By training in the field of our sensory motor system and by listening and developing a more receptive mind, we tap the body-mind's innate intelligence.

1. The movements are non weight bearing and involve sliding, gliding and circular motion, to reduce myofascial holding in the body.
2. The movements help to mobilize the joints, remove fatigue from the body, balance asymmetries and align the right and left sides of body.
3. Satya is encouraged to be practiced as a form of vinyasa, as breath is combined with movement in order to deepen the respiratory rhythm. This workshop is suitable for all levels.

🌿 **Date:**  
🌿 **Time:**  
🌿 **Investment:**

*\* Prices are inclusive of VAT.*

Book your place by emailing

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02 443 4448 [www.bodytreestudio.com](http://www.bodytreestudio.com)



## About Ria

Ria has been practicing yoga over 15 years, and teaching for 12 years. She first studied in India with the Bihar school of yoga and her journey as a yoga therapist began in 2014 as she completed her yoga therapy diploma teaching certification. Ria believes that no day goes without her learning not only from her teachers, but also from her students.

