

# VIRAFLOW



## WITH ROB HESS

In this two-hour Dynamic yoga flow we dive deep into the power within. This moving meditation will awaken the great life force as we flow from our center igniting the prana shakti. Come ready to open your mind and connect to your inner fire while staying rooted in the power of the divine.

This workshop will focus on connecting to the core and a deep understanding of how it relates and connects to powerful arm balances. In this workshop we will focus on the Bhakasana family which will lead us to the power of and focus of Handstand. Join Rob for this powerful awakening.

Rob's teaching is rooted in Prana Flow: a synthesis-oriented approach to living the art of yoga created by his primary teacher, Shiva Rea. Born from the traditions of classical yoga, Bhakti, Tantra and Ayurveda, Prana Flow integrates various forms of spiritual embodiment practice to reveal yoga as a flow of unity consciousness.

Rob is based in Southern California, from where he travels to teach throughout the world, and to assist Shiva Rae's workshops and teacher trainings. Rob's style of teaching is fun, challenging, and light-hearted as he tries not to take life too seriously.

🌿 **Date: Friday 25 January**

🌿 **Time: 9am-11am**

🌿 **Investment: AED 175**

All prices are inclusive of VAT.

Book your place by emailing

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