

Learn an invigorating Isha™ Hatha Yoga practice to reach peak physical fitness

Angamardana, a fitness system rooted in yoga, offers everyone the opportunity to invigorate the body and reach peak physical and mental health.

"Angamardana" means gaining complete mastery over the limbs, organs, and other parts of the body. True to its name, this practice revitalizes the body on all levels including the muscles, circulatory system, skeletal structure, nervous system, and the basic energy system.

- Strengthens the spine, skeletal system, and muscular system
- Builds physical strength, fitness, and tenacity
- Takes years off the body, bringing a sense of lightness and freedom

Workshop details:

Saturday 6 of October, 08.30 - 12.00 and 16.30 - 20.00
Sunday 7 of October, 16.30 - 20.00

Attendance on all sessions is mandatory



Register to learn Angamardana in a group workshop

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Or call Tijana on +393898387509



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