



WORKSHOP OUTLINE

RECLAIMING YOUR HEALTH

With Elisabeth Pomès



Introduction:

Yoga for life

Part I: Reprogramming Your Body

1. The restorative power of yoga
 - gentle stretches
 - restorative postures
2. Empowering yoga stretches
3. Invigorating breathing

Part II: Serenity and Strength - The Inner Quiet

1. Breathing in serenity
2. Relaxation for strength

Part III: Reprogramming Your Mind - Creating Health

1. Visualization of perfect health
2. Empowering techniques
3. Alchemy: transforming the negative into the positive
4. Accessing one's own power
5. A new beginning: dealing with stress effectively