

UNDERGROUNDYOGAWORKSHOP  
IN MUNICH, GERMANY  
WITH ANGELA & VICTOR  
MARCH 13<sup>th</sup> + 14<sup>th</sup> 2010



So happy to announce to all yoga friends that Angela & Victor are coming to Munich!

This is an invitation to join Angela Farmer and Victor van Kooten and friends for a fresh and creative exploration of the essence of yoga.

Workshops facilitated by Angela and Victor are among the more unusual in the world. You can develop an entirely new perspective on your yoga. They can inspire you to reflect inward and reconnect with the deep springs of wisdom, energy and creativity that lie within.

Seeking a more internal and meditative approach Angela and Victor offer a wealth of poetic imagery, playful exploration and creative movement. Through the years they have developed an approach that is more somatic-based than much of what is found in traditional yoga teaching.

Instead of teaching poses to discipline with external commands, they help get you to seek the poses in a way that helps you unleash your own energy and gain insight to what may block you.

Angela and Victor began teaching together now more than 20 years ago and have been travelling around the world to share with students their understanding of the physical and energetic interplay in yoga.

For more informations [www.angela-victor.com](http://www.angela-victor.com)

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## SCHEDULE

Saturday March 13<sup>th</sup> 2010

12.30h-18.30h incl. 1h teabreak

Sunday March 14<sup>th</sup> 2010

11.00h-17.00h incl. 1h lunchbreak

## PRICES

Euro 225,-- for the whole weekend

Euro 120,-- for the single day - Saturday or Sunday

## LOCATION

Hastings Tanzstudio

[www.hastingstudio.de](http://www.hastingstudio.de)

Königinstraße 34

80802 München - Schwabing

[www.angela-victor.com/MunichMap.html](http://www.angela-victor.com/MunichMap.html)

## BANK ACCOUNT

Workshop to be paid to following account within January 31<sup>st</sup> 2010

Glas Gmbh

- Workshop Angela&Victor -

MÜNCHNER BANK AG

Kto.No.684244

BLZ (Bankcode) 701 900 00

IBAN CODE: DE35 7019 0000 0000 6842 44

BIC CODE: GENODEF1M01

Bank Adress:

Richard-Strauß-Str. 82

## CONTACT

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## HOUSINGLIST + OTHER NECESSARY INFORMATION

In preparation – on website [www.angela-victor.com](http://www.angela-victor.com) soon

## PROPS

Pls. Bring your own mat and personal props.

Thank you!