

ZEN YOGA

An embodiment practice to awaken body-mind in every moment of our lives.

Zen Yoga explores and develops a heightened sense of presence through slow, conscious movement and awareness of the body-mind in Yoga postures. It includes simultaneous mental and physical practice in concentration, openness, strength, flexibility, balance and coordination.

Through instruction and practice, we regain the intimacy of direct experience. Our spirituality becomes more practical and grounded in our ordinary daily acts, bringing the sacred more fully into our lives.

As an embodiment practice, Zen Yoga develops a greater sense of being, allowing us to reclaim our natural movement, vitality, connection and responsiveness.