

# Hola Todos!

## AUGUST Yoga Newsletter

As we enter the full swing of summer, many of us feel the need to make the most of the longer days and be outside. To practice yoga outside in nature can give us a chance to feel connected. We can connect to the environment and to ourselves.

By acknowledging this connection, and by practicing yoga and meditation we can cultivate our inner radiance and illuminosity which extends into our everyday lives. I feel that by practicing yoga outdoors we can take the light of the sunshine into our beings to become more radiant. Like when you close your eyes whilst sitting in the bright sun, you can still sense the intensity of the light shining on top of your eyelids

With this in mind, I'd like to invite you to join me for some classes on Tuesday and Thursday mornings yoga and every Wednesday night in Ciutadella Park

Please read below for more information on the outdoor classes for the month of August.

**\*\*\* PLEASE NOTE \*\*\*** New Email address: [barcelonayoga@hotmail.com](mailto:barcelonayoga@hotmail.com) for correspondence relating to yoga classes with Raphaella

### CLASSES ARE LISTED BELOW

- 1. Tuesday and Thursday mornings yoga in Ciutadella Park with Raphaella and Amelie.**
- 2. Wednesday evening in Ciutadella Park.**

#### 1. MORNING YOGA in Ciutadella Park

During the month of August, the teachings of these classes will be split between myself and Amelie

**When:** Tuesday and Thursday mornings 11.00am-12.30pm.

**Where:** Meet at the gates (at the end of Passeig Lluís Companys y C/ de Pujades)

**Bring:** Your own mat, a bottle of water.

**Cost:** 8 euros

con raphaella 01.-12.08., 23.08.-31.08.

con amelie 12.08.-22.08

seguimos disfrutando el verano, compartiendo la energía de la práctica, el frescor de la mañana, Yoga en aire libre...una experiencia única.

Nos encontramos a las 10:50 en la entrada del parque (arco de triunfo). Lleva tu esterilla.

indispensable reserva tu plaza aquí:

[premagita@gmail.com](mailto:premagita@gmail.com)

[barcelonayoga@hotmail.com](mailto:barcelonayoga@hotmail.com)

## 1. Wednesday evening classes in Ciutadella Park

Make a commitment to yourself and commit to an early evening Ishta Style yoga class. Raphaella will combine energising and strengthening poses to open the body and stimulate the mind. Classes are open to all levels.

When: Wednesday evenings 19:00 - 20:30. (This class will continue after August too)

Where: Meet at the gates (at the end of Passeig Lluís Companys y C/ de Pujades)

Bring: Your own mat, a bottle of water.

Cost: 10 euros