

Yoga - Mindfulness Movements, Breathing, and Relaxation

with Dhitigaan Bpiyasereepat (Kru Taew)



OPEN TO ALL

Yoga can help you learn to move with awareness and find balance physically and mentally. In this introductory course, participants will learn practical yoga movements that can be done on a daily basis to improve flexibility, strength, and mindfulness. In addition, participants will experience total relaxation with Tibetan Singing Bowl or Crystal Bowl Sound Bath.

Dhitigaan Bpiyasereep (Kru Taew) is an experienced yoga teacher who specializes in yin and therapeutic yoga and focuses on mature bodies. “Yoga is not a one-size-fits-all kind of thing and it is important to well understand the level and needs of the class participants and to adapt a training program using several yoga disciplines to best suit the needs of the students. I also incorporate simple positions and poses that can be practiced at home for the benefit of the trainee.”



Bring: a yoga mat if you have one, towels (one big and one small), and water. Please note that chairs will be available to use along with a mat.

DATES: TUESDAYS, OCT. 15, 22, 29; NOV. 5 & 12, 2024

TIME: 10:00 AM TO 11:30 AM

COST: 1,300 THB FOR ALL 5 CLASSES

Location: Lifelong Learning Payap Center
Registration required at www.lllpayap.com