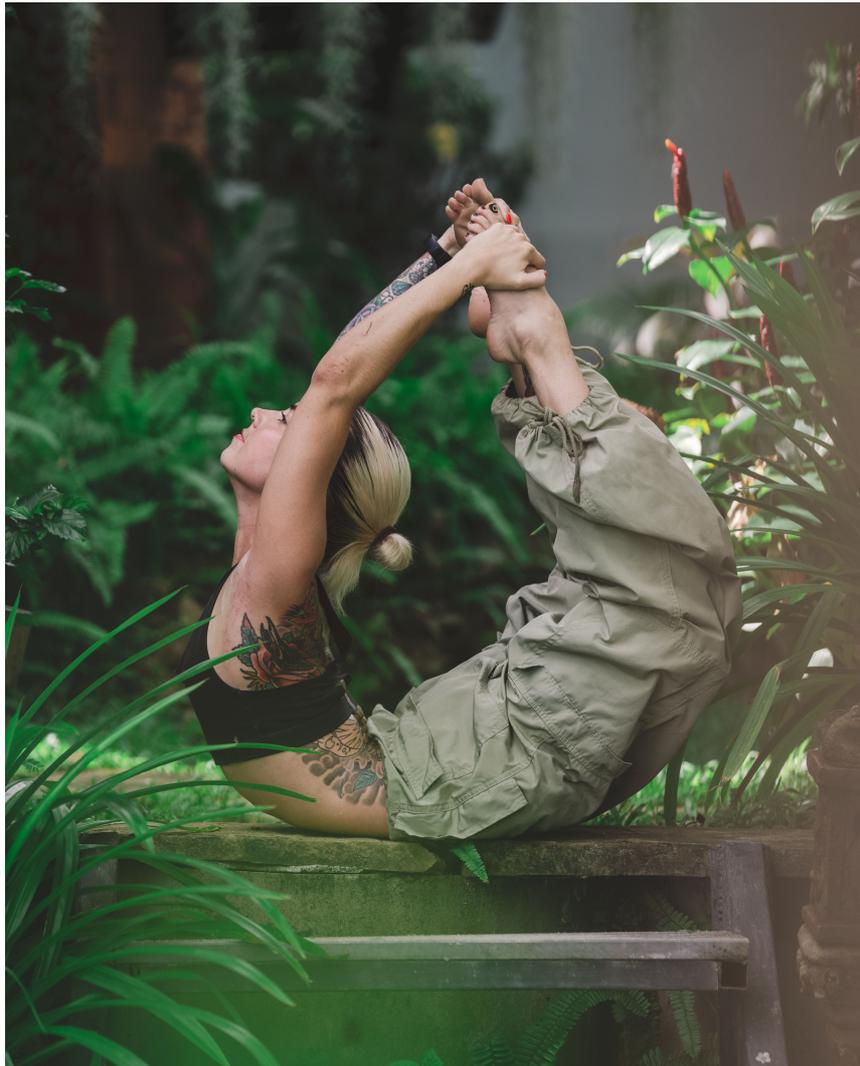
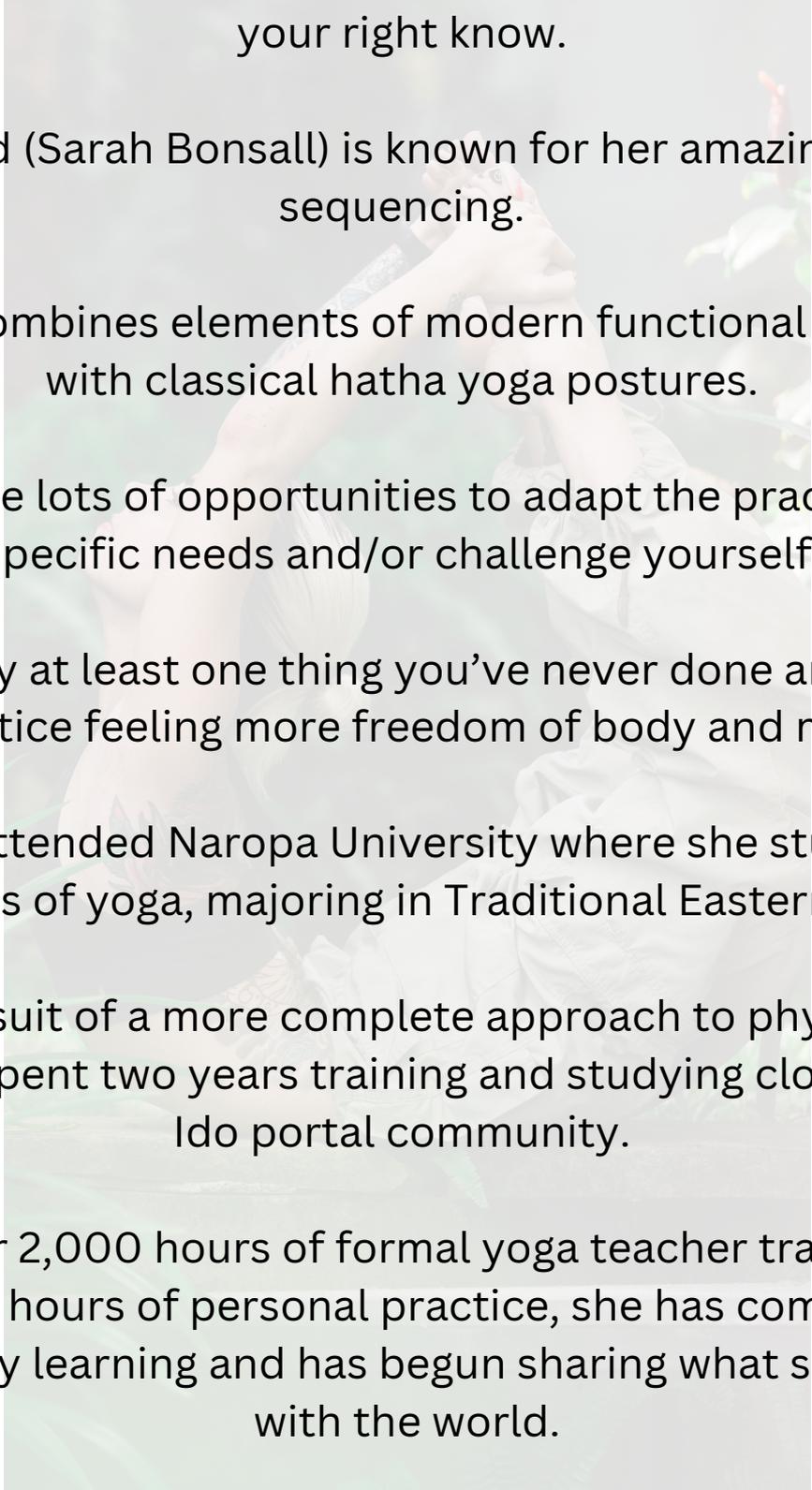


**SHAKTI BIRD**  
AKA  
**SARAH BONSAI**  
**WORKSHOP SERIES**



**OCTOBER 28-29**  
**ROTTERDAM**  
**NL - EUROPE**



Finally, we can announce that Shakti Bird aka Sarah Bonsall is coming to Rotterdam! This Workshop Series has been in the making for quite some time so we are super excited to bring it to your right know.

Shakti Bird (Sarah Bonsall) is known for her amazing creative sequencing.

Her flow combines elements of modern functional movement with classical hatha yoga postures.

There will be lots of opportunities to adapt the practice to your specific needs and/or challenge yourself.

Expect to try at least one thing you've never done and leave the practice feeling more freedom of body and mind.

Shakti attended Naropa University where she studied all aspects of yoga, majoring in Traditional Eastern Arts.

In the pursuit of a more complete approach to physical well-being, she spent two years training and studying closely with an Ido portal community.

With over 2,000 hours of formal yoga teacher training and countless hours of personal practice, she has committed to continuously learning and has begun sharing what she's learned with the world.

# The Program

Saturday

## **Morning Practice**

**10:30 - 12:30**

### **Freedom Flow Masterclass**

Creative sequencing! A pleasant balance between effort and ease. This session combines functional screens mixed with elements of classical hatha yoga and flow. Practitioners will likely experience some of their weaknesses and figure out how to play to their current strengths. Expect unusual transitions, opportunities to get upside-down, and to leave with more peace of body and mind.

### **Lunch Break**

## **Afternoon Practice**

**14:30 - 17:00**

### **Intentional Inversions**

This session is geared towards fine-tuning foundational components needed for a range of inversions including classic headstand, peacock, crow pose, handstand and more.

Participants will find the opportunity to enhance their understanding of proper alignment/activation and walk away feeling empowered in their ability to learn and improve inversions.

Sunday

## **Morning Practice**

**10:30 - 13:00**

### **Intelligent Spine**

Spinal health dictates our quality of life. In this session we will break down and move through techniques that will help you to find freedom and comfort in your body all throughout your life.

With an emphasis on back-bending, we will breakdown what it takes to use the spine in a more complete, holistic way.

Participants will leave with an understanding of how to work towards their back-bending goals in a very practical and productive way.

This session is beneficial for practitioners of all levels (as well as those who currently experience back pain).

### **Lunch Break**

## **Afternoon Practice**

**14:30 - 17:00**

### **Locomotion**

Locomotion is something that we all do... but most of us are limited in the ways that we do it. In this session I demonstrate a number of different ways to get around using our hands and communicating with the floor. It can be overwhelming to learn new patterns, so we simplify by first isolating different movements and then integrating them together with practice.

The format of these sessions is demonstration and follow along. The goal is to develop confidence in integrating the movement patterns so that eventually we can play with them in improvisation.

# Practical Information

## WHEN

October 28-29, 2023

## WHERE

Life & Changing · Lifestyle Center  
Hoofdweg 480-490  
3067 GK Rotterdam  
The Netherlands

The location can be easily reached by bus, tram, metro and train (Prins Alexander Station).

## HOW

Investment for the full weekend = 275 Eur  
Limited Spots.

To guarantee a full and rounded practice the ticket is sold for both days only.

## INFO

Please submit any question to the following email:

[info.decommune@gmail.com](mailto:info.decommune@gmail.com)

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