

# Tending to the Inner Garden II

“Oh breath, invisible poem”

Rainer Maria Rilke

**Sunday 8 May 7-10 am GMT On-line**

with Sama Fabian

This is the second of a series of full practices where we will dive deep into the inner life through sensitive pranayama. and refined asana sequences.

This second journey into the inner garden will take us on a powerful journey through the endocrine system, our internal constellation. In the night skies of our inner body we delicately infuse energy and light writing glyphs with our breath, intention and imagination. A pathway towards detoxification and self healing.

For dedicated practitioners/ teachers and trainees of all styles.

**Contribution £48 with download/ £40 without**



