

20-HRS MANDALA VINYASA METHODOLOGY WITH DULCE!

22 -24 Feb 2024



WHAT TO EXPECT

Join Dulce Mandala to explore the methodology of Mandala Vinyasa, incorporating the 4 classical Elements: Earth, Water, Fire, and Air. This immersive training is ideal for certified yoga teachers and students looking to deepen their mandala and elemental practice. The Mandala Practice involves multidirectional movement, fostering heightened awareness compared to linear flows. Experience 4 sequences, one for each Element, activating specific muscles and energies. Embrace 360° movement, flowing through asanas, inversions, and introspection, synchronizing movement and breath for a profound inner state.

More information on the App!

THURSDAY [22 FEB]

18:30-21:00 MANDALA MASTERCLASS

FRIDAY & SATURDAY [23 & 24 FEB]

9:00 – 11:30 MANDALA PRACTICE

11:30 – 13:00 MANDALA METHODOLOGY

14:00 – 17:30 ELEMENTAL TYPOLOGY & PRACTICUM

EARLY BIRD PRICE: 1,450 QAR – Valid till 7 February 2023

FULL PRICE: 1,650 QAR



ABOUT DULCE

Dulce's transformative yoga journey of almost 20 years encompasses self-inquiry, shamanic practices, and influences from Rocket, Mandala, Tripsichore & Yin Yoga. Her intention is to cultivate harmony, fostering a liberated connection with oneself and others. Emphasizing self-responsibility, she guides seekers to discover their inner guru. Dulce developed the Mandala Vinyasa Method, incorporating the 4 Elements, seamlessly blending diverse yoga forms and shamanism with profound focus on intention. Through feeling the Elements within, integration of physical, emotional, and psychological realms emerges.

Instagram:

[@dulce_mandala](https://www.instagram.com/dulce_mandala)

GET THE APP

