

Yoga for Clear Minds



Begin your seminar activities with yoga exercises focused on free breathing techniques. Your conference participants will experience a sense of expanded breathing, a refreshing clarity of thought, and an alert, orderly calm at the heart center, combined with concentrated openness and external awareness.

Topic / Methaphor:

- Activation / Ice breaker
- Change
- Innovation
- Mindfulness

Group Size:

- up to 10 pers.
- 10-20
- 20-40

Duration:

one hour

Season:

- Summer
- All-season
- Indoor
- Outdoor