

WEEKEND WORKSHOP WITH MIA TOGO

Friday – Sunday, November 22 – 24 2019

OPEN TO ALL LEVELS



UPLEVEL your LEARNING to UPGRADE your FLOW

Yoga is a practice of learning about who we are, and how we show up in the world, so we can make choices aligned with our True Self.

The process of self-exploration is important to uncover unconscious patterns that can keep us stuck in limited choices rooted in limited beliefs. Uprooting these patterns – and bringing awareness to what needs an upgrade – allows us to expand our inner and outer worlds. When we allow new information in, we can flow into new territory and broaden our capacity to move through life with more ease.

This workshop is designed to explore our musculo-skeletal patterns in the postures and make some shifts that will help you feel more ease. This opens our minds to new perspectives and welcomes truth however it shows up for us on the mat.

Every thought has a feeling, and every feeling carries energy. When we breathe into our tension and resistance, feelings can arise that need attending and space to move through. When we learn to respond and not react we upgrade

our capacity to be present in our lives and turn all of our experiences in to wisdom for growth and expansion.



YOGA INSTRUCTOR MIA TOGO, now residing in London and teaching at Tri-Yoga, is originally from Los Angeles. Mia is a YogaWorks senior teacher, teacher trainer, and mentor for the 300-hour professional program. Mia leads yoga retreats and workshops around the world.

Growing up as an avid dancer and equestrian rider in California, Mia went on to dance professionally, working in film, TV, stage and music videos. She started practicing yoga in 1996, and has been teaching for more than 15 years.

Mia teaches with an emphasis on detailed alignment and intelligent, intentional sequencing. For Mia yoga is not about fancy poses or tricks. It is “skill in action,” meaning you develop a deeper awareness of how to move your body as well as direct your energy.

Mia creates a space for her students to explore their truth - a place where they can remember that their worth does not need to be earned, bought, or outsourced, because true love comes from within. In a world where we are taught to push away discomfort and attach to pleasure, she encourages students to honor what is coming up, rather than override it.

Friday, November 22, 7:00 pm – 9:00 pm

The journey begins Friday night with a well rounded flow to explore your postural patterns and create a dialogue for new learning.

Saturday, November 23, 10:00 am – 16:00 pm

We will create a space on Saturday to deepen your flow and open up to inquiry. Diving into a posture lab will allow us to look at eachothers unique bodies.

We are all so different and we need to honor that as practitioners and teachers. It is not a one size fits all, so we will explore variations and modifications you can take with you to find your truth on and off the mat.

Sunday, November 24, 10:00 am – 13:00 pm

There will be a philosophy circle to bring it all together and to support you on your path.

It is not about a perfect practice, it is an ongoing conversation and the dialogue we create is meant to inspire you to keep learning about your Self so you live aligned with your unique flow.

Location: Majorstua

Fee:

Before Oct 1: NOK 2600 (early bird)

After Oct 1: NOK 3100 (full price)

Register at mail@balancestudio.no Make payment available to

BALANCE yoga & pilates, account number 6029 06 15081