



HATHA YOGA is available for dropin's at Namaste Yoga Farm on Kudle beach, but also the following workshops done by Kirsten and her partner Jack, which is a sport coach.

1. **Guided Loving Kindness Meditation:** In this meditation we will sit quietly for 30 mins cultivation and radiating kindness and goodwill towards all beings - humans and animals. When done regularly the meditation will minimise negative emotions toward yourself and others and it can also help reduce stress and physical pain.
2. **Yoga Alignment Workshop:** A class where we look at good technique in common yoga postures and explore how we can use equipment like belts, bricks etc. to make the yoga postures suit our needs and different bodies.
3. **Partner Massage:** You can come alone or with a friend/partner for this class where you will learn some gentle and effective massage techniques. Enjoy a session with focus on giving and receiving, it will leave you feeling content, happy and very relaxed.
4. **Yin Yoga:** In these session we will target the deep connective tissues of the body – the ligaments, joints, bones, and deep fascia networks. A Yin class usually consists of a series of passive floor poses held for 3-5 minutes. You will leave feeling calm yet refreshed - the perfect evening practise.



Time table for workshops and yoga classes.

Only with reservation 1 day prior to arrival and 3 persons minimum.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7.30–8 am Guided Loving Kindness Meditation	x	x	x	x	x		
8-9.30 am HathaYoga	x	x	x	x	x	x	x
2-4 pm Yoga Alignment Workshop		x					
2-4 pm Partner Massage					x		
4-5.30 pm HathaYoga	x	x	x	x	x	x	x
7-8pm Yoga Nidra	x						
7-8 pm Yin Yoga				x			

Subject to change anytime without prior notice.



[Interested in Yoga holidays on Kudle beach?](#)

[4 Day Hatha Yoga Beach Holiday with a Certified Teacher](#)

[7 Day Hatha Yoga Beach Holiday with a Certified Teacher](#)

[14 Day Hatha Yoga Beach Holiday with a Certified Teacher](#)

[21 Day Hatha Yoga Beach Holiday with a Certified Teacher](#)



[Interested in Accommodation on Kudle beach?](#)



For more questions and/or more information please call us or just drop by at the beginning of Kudle beach at the end of the stairs and inside the big blue gate.

OLIVER +91 97396 00407

KIRSTEN +91 87921 35179

oliveryoga@gmail.com

www.spiritualland.com

Wishing everybody a wonderful year.

Stay safe and healthy