



Masterclass with Simon Park

August 23, 6:30 pm to 8:30 pm



Liquid Flow Yoga - Freestyle Vinyasa

A Vinyasa Flow practice that holds the structure and discipline of Ashtanga and Iyengar Yoga, infused with an immense creativity and dance-like flow... a fresh and inspired blend of classical and modern styles. Practice dynamic asana as a movement meditation in an open system that guides the student to experience the practice as an unscripted adventure. Asanas are practiced with a keen eye to detailed physical / energetic alignment and awareness of complimentary and opposing actions. There is an artful focus on creative transitions that add elegance and uniqueness to the flow of the practice. Finally, an observation upon the subtleties of the breath and how feeling of how it effects the body and mind. Principles of Vinyasa Krama are utilized to create an evolutionary practice that aims to challenge, invigorate and harmonize body, mind and soul.

When: Aug 23, 2018, from 6:30 pm to 8:30 pm
Where: Daléas Danse, 2 rue Chaumontel, 74000 Annecy
Price: 35€

Contact and registration: info@pranayoga-annecy.com

About Simon

Simon began his Yoga journey in 1995 with Shiva Rea in the World Arts and Cultures Department at UCLA. Soon thereafter, he became immersed in the great atmosphere of the original YogaWorks studios in Santa Monica where he completed his first teacher training with Maty Ezraty in 1998. A move home to Philadelphia led to an opportunity to study with senior Iyengar Teacher, Joan White, and the legendary yogi Dharma Mitra. After apprenticing with Shiva Rea as an assistant, Simon began leading his own workshops, teacher trainings, and retreats - eventually worldwide. In 2007, Yoga Journal acclaimed Simon as, "one of the most influential and gifted Yoga teachers of the next generation." His free-style Vinyasa is fluid, intuitive, and encourages freedom through self expression. Simon is profoundly influenced by the teachings of Shiva Rea, Richard Freeman, Maty Ezraty, Joan White, and Dharma Mitra - his core teachers for the past 20+ years. Simon's blend of these influences finds a beautiful alchemy in his style, Liquid Flow Yoga, a mix of classical and modern Yoga.

