



Libra Yoga

Ceremony Invitation

Embrace the 5 Elements
into your practice!



Delve into Universal Natural Principles to better comprehend one's magnificent uniqueness and personal journey towards Union

Join the mat
for 4 Asanas Flows

dedicated to the Celebration of
Air, Fire, Water, and Earth within.
Learn how to purposefully utilize
the tools provided by the Asanas
and emotions to achieve a balance
between the Elements and restore
harmony to the entire System

Target Area - Sensation - Adaptation
through these 3 essential keys for
Body Practice suitable for all levels,
each participant will acquire tools for
a customized activity adaptable to
different life cycles



To culminate the session,
the 5th Element will be celebrated in-
depth during the closing Meditation
session with a live sound bath. This
immersive experience associates the
sounds of drums, strings, flutes, and
Tibetan bowls with the Elements and the
Chakras of the body, aiming to
rebalance the emotional and astral
bodies

Whole and
nothing;
emptiness and
all that
surrounds us;
the primordial
vibration;
frequency and
sound as a
bridge...



"Nothing rests; everything moves;
everything vibrates." - The Kybalion

The Circle of Word

Featuring periodical
considerations, intentions,
and decrees, will enhance the
meditative moment and the
overall journey



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More in-depth

According to the first principle of Ayurveda, **every being is unique**, and only through experiential knowledge can one become their own Master, **dynamically shaping** their **practice** and **lifestyle**. The second principle emphasizes the awareness of **interaction with the environment**, as harmony fosters health while disharmony leads to disease. **Harmony** encompasses consideration of seasonal changes, lunar cycles, relational and emotional contexts, and more

By delving into the wisdom of **Ayurveda** and **Tridosha**, and connecting with the energy of **Mother Earth** and the **Ancestral Universal Laws** inherent in one's experience, **greater self-awareness** during practice is gained

The Facilitator Markhuyay

Hata Yoga Siddha teacher since 2019 and holding an up-to-date 200h RYT Yoga Alliance certification, I have always been a passionate seeker of the harmonic way to the Union with the Divine and between all Creatures. The study of Ayurveda and Universal Ancestral Esoteric Wisdom, the practice of self-observing through Yoga and Meditation, and a passion for Music as a master instrument of attunement with the present, are the cardinal directions that have guided my life since my youth.



According to Shamanic teachings, every spiritual act we perform is a Ceremony. When we recognize the sacredness of each moment, miracles happen

More INFO: [f](#) [@markhuyay](#)