



*Unique* **AYURVEDIC · TANTRIC TECHNIQUES · HATHA**  
**ISHTA WORKSHOP**

WITH YOGA CELEBRITIES  
**ALAN FINGER, SARAH PLATT-FINGER & ULRICA NORBERG**

*Adapt, evolve & enhance* **YOUR YOGA PRACTICE TO SUIT YOU 100%**

**WORKSHOP PRICE: 120€**

*Your tickets at* **Earth Yoga · [info@earthyoga.es](mailto:info@earthyoga.es) · [info@luckybodies.com](mailto:info@luckybodies.com)**



**EARTH YOGA**



**LUCKY BODIES  
& HAPPY SOULS**

PROUDLY SPONSORED BY:

**ISHTA YOGA**

**MAY 19<sup>TH</sup>** *Earth Yoga* **C/ DESPUIG 34, SANTA CATALINA**

WITH YOGA CELEBRITIES

**ALAN FINGER, SARAH PLATT-FINGER & ULRICA NORBERG**

# ISHTA WORKSHOP

ISHTA Yoga is the Integrated Science of Hatha, Tantra and Ayurveda. Founded by Kavi Yoga Master Alan Finger and his father Mani. In Majorca Sarah Elfvig teaches ISHTA yoga at Earth Yoga and at Lucky Bodies.

In this workshop, Alan and initiated ISHTA yoga masters Sarah Finger and Ulrica Norberg, who together share over 90 years of experience practicing and teaching yoga, invite you to delve deeper into the art of yoga.

Explore asana through alignment flow, yin and restorative practices while you deepen your awareness in breath work and meditation. Enhance your knowledge in philosophy and individualize your practice through the ancient Indian science of Ayurveda.

*Uncover* **YOUR OPTIMUM PATH FOR SELF-AWARENESS, EXPANSION, GROWTH AND HEALING.**

- 09.30 · 10.30** What does it mean to individualize your Yoga? with Alan Finger
- 10.45 · 12.30** Asana Practice with Sarah and Ulrica
- 12.30 · 14.00** Lunch Break
- 14.00 · 15.00** Physical vs Subtle body Alignment. Lecture
- 15.15 · 16.30** Yin/Restorative practice with Ulrica and Sarah
- 16.30 · 17.15** Meditation with Alan

*Can't join the whole day?* **NO PROBLEM, CONTACT US!**