

# THE 3 GATES OF HEALING

## WITH RAE INDIGO

Therapeutic Yoga

30 hours CEU

Utopia Yoga Vasteras Sweden

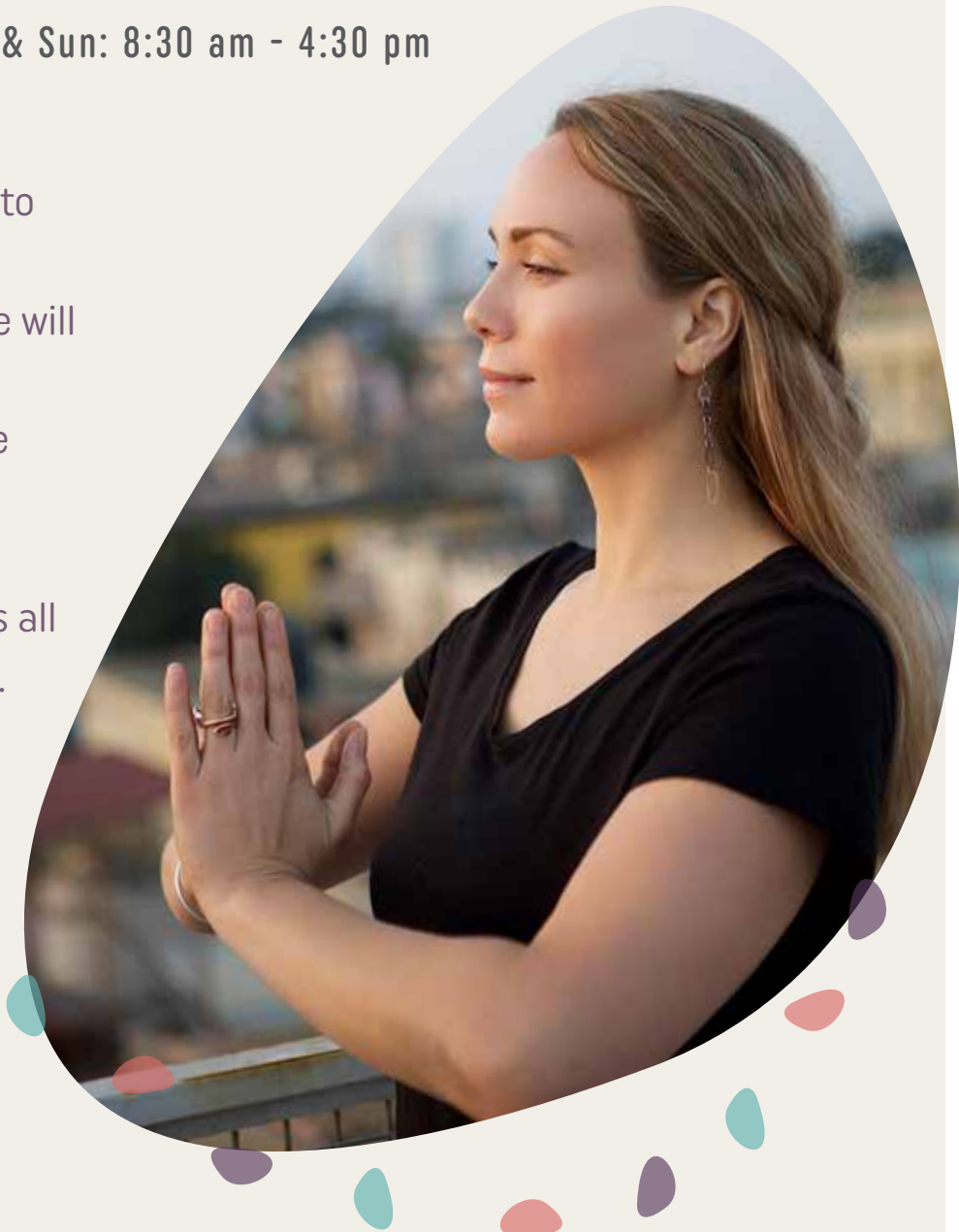
March 19 - 22

Thurs & Fri: 5-9 pm / Sat. & Sun: 8:30 am - 4:30 pm

Many people come to yoga to handle pain. Uncertainty, frustration and fear that life will not improve are common struggles you or a loved one might be experiencing.

Therapeutic Yoga addresses all levels, body, mind and spirit.

This immersion focuses on the body but includes information on yogic mind science and spirit.



Therapeutic Yoga is an amazing healing technology based on simple principles applied to every movement.



Once you understand the theory, practicing and using it become your new tool for yourself, and if you are a teacher, a great blessing to your students. Therapeutic yoga is an art of communicating with parts of our body, mind, and emotions that we have forgotten or are avoiding because of pain, or apathy. What we communicate with, we can improve, repair and heal.

In this immersion, learn how to teach yourself and to guide others to develop a new relationship with lost, broken, wounded parts, and restore from the inside out.

We focus specifically on physical practices, with clear and applied poses, pose expression, prop use, and alignment. You are given a complete system, full explanation of theory and diverse techniques to create wellbeing. Questions are very welcome.

- Therapeutic Alignment
- Repairing Communication Lines
- Force/Counter Force
- Bandha Expression
- Prop use
- Contact point theory
- Wall asanas
- Daily Q & A
- Bones, muscles, joints, tendons, ligaments
- Blood Pressure
- Aging and Yoga

**Pricing:** 6995 Kroner

**Contact:**  
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**Registrations:**  
[www.utopiayogastudios.com](http://www.utopiayogastudios.com)