

WORKSHOP · VU AMSTERDAM

Yoga for Everyday Well-being

An accessible embodied practice exploring the connection between balance, attention and dharma as a way of life.

20 OCTOBER 2026

16:15–17:15 CEST

Flexible classroom - room to be announced

20 October · VU Amsterdam · English

WITH



Ameya Krishna

Facilitator

Nyasa Yoga NL

Gentle guided practice and reflection on how embodied awareness can support ethical and responsible living. Open to different experience levels. Wear comfortable clothing; further practical details follow after registration.

Join the conversation

FREE PARTICIPATION · REGISTER TO JOIN

livingdharma2026.omrise.net

