

# The Art of Yoga

IN THE VIJNANA  
TRADITION

With Flo Dedame

MARCH  
10- 11  
2018

*Le Cafe Vivant*

A WEEKEND  
WORKSHOP

organized by Zeina Abdo

LE CAFE VIVANT  
28B ROUTE DE CHIBLINS  
1276 GINGINS/VD



[www.VijnanaFloYoga.com](http://www.VijnanaFloYoga.com)

Gravity is the root of stillness  
Stillness the ruler of movement.

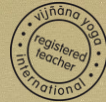
COST- 170 PER DAY  
320 FOR THE  
WEEKEND

Lunch & snacks included

Donations will be made to "Smile for Hope" foundation

contact Zeina Abdo  
to register  
abdo.zeina@gmail.com

## About Flo



Vijnana Born Practitioner, Senior teacher, 20 years of experience and timeless inspiration, taught workshops in Finland, Germany, Netherlands, led retreats in France, Hawaii, creating and nurturing Sanghas all over the world. Flo Dedame is currently leading a Vijnana International Teacher training on Gabriola Island, Canada where she resides. A world traveler since a very young age, inspired by movement, guided by Nature, curious about human behavior and its complexity, she challenges the limitations that we impose upon ourselves in sharing teachings with joy and playfulness both in practice and reflective study. Years of dedicated commitment have revealed a unique and skillful approach to understanding the language of movement into consciousness and its gathering into stillness. Her practice embodies subtle mobility and sensory refinement.

SATURDAY- 9AM- 6PM  
FOUNDATION & ESSENCE  
ALL LEVELS

SUNDAY- 9AM- 6PM  
THE HEART OF PRACTICE  
INTERMEDIATE LEVEL