

Nobieh September-October 2012 workshops in Tehran

Are you ready? Here are Nobieh's upcoming workshops in Tehran. If you are interested in participating in any of the following workshops, please contact Suzan: (935) 99 14 547 or drop me an email : info@nobieh.com

Back bending workshop

Date & Time: Friday, September 7, 4-7pm



No matter's your body's flexibility level, this 3 hours session will help you improve your back bending asanas.

Yoga dance

**Dates & Time : Sep 11 to Sep 14,
2012, 4-8 pm**

This workshop is a true journey into body, mind and spirit. Combines gentle yoga, free dance and meditation in a dynamic class...



You don't need to follow a style to dance, you dance to find your style.



PLAY OF LIFE

24-28 September, 2012

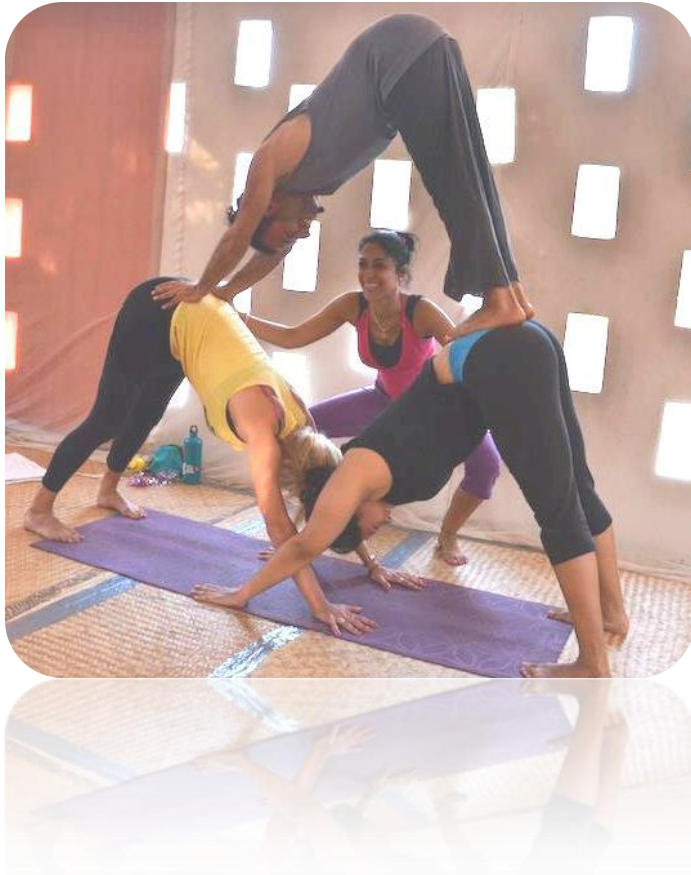
24/25/26 September 5-8pm

Thu 27 9am-1pm / 4-7pm 8pm movie night

Fri 28 9am-1pm / 4-9pm

A group therapy work taking you through any blocks you might be struggling with, whether they may be physical blocks, mental blocks, emotional blocks, or spiritual blocks.

a fun, deep, affective journey into our being. Be ready for the joyful challenge of facing yourself!



Acro flow yoga combined with Thai massage

Dates and Time: Thu&fri 4/5 October, 3-8pm

a simple series of acrobatic asanas following with a gentle and therapeutic massage, and working with partners.

Core Flow & Handstand Workshop

Friday 12 October 4-7 pm

working on our strength and core for preparation on hand stands

