Aja Krystall

Born and raised in Kenya, Aja is a Vinyasa, Yin and Dru Yoga teacher. Aja believes that the yogic path holds the wisdom that can and should be used as tools to positively change our inner wiring and blast our hearts wide open - as well as have fun and share that joy with others, of course. She is also passionate about Ayurveda and is currently training to be an Ayurvedic practitioner, and loves healthy cooking as a form of service and a way to connect to Mother Earth.

**Dru Class description**

Based on soft and flowing movements, controlled breathing and visualisation, Dru Yoga is both a graceful form of exercise and a potent tool for stress relief and self-transformation. Dru Yoga is often referred to as yoga of the heart. This 75 minute class will contain all the key elements of Dru Yoga to help you experience the essence of Dru - fun activations, a unique sequence for releasing blocked energy, flowing asanas, affirmations, a deep relaxation and short closing meditation.

**Ayurvedic yoga workshop description**

Yoga and Ayurveda are interlinked sister sciences in the holistic model of human development. Although doing any form of yoga is beneficial for the body and mind, practicing asana and pranayama that support your unique mind-body type will take your daily practice to the next level and will help you feel a deep contentment and sense of balance. After this 75 minute class will learn what the different doshas (mind-body types) are, gain a basic understanding of the types of asanas which bring balance or aggravate certain types, the best pranayama for your mind-body type, as well as how to modify Surya Namaskar for each of the three doshas - because who doesn't love to incorporate the sun sequence in their practice.