

By Pernille Christensen, M.Sc.,  
acupuncturist and yoga teacher.



# Yoga & Meridians

## ... adjust, align and feel the energy

Did you realise that your flexibility in Trikonasana reflects your boundaries towards other people. And that Matyasana, fish pose, is actually about letting go of (outworn) attachments?

This workshop will outline the Chinese meridians and their role in yoga poses. Participants will learn to “feel” the flow of energy in the meridians when a pose is held correctly, thus facilitating correct alignment.

Pernille is a former student at the Astanga school in Copenhagen. She now runs her own acupuncture practice in the Netherlands.

**When:** 11 March 2012  
**Where:** Astanga Yoga Copenhagen,  
Vesterbrogade 24B,  
Copenhagen  
**Time:** 13.00-16.00  
**Info:** [www.Astanga.dk](http://www.Astanga.dk)