

# MAINline

## Online Yoga Flow – for men who stopped with chemsex

The online yoga classes are based on breathing, intention and grounding. Letting go of stress and inviting new energy into your day. Depending on the needs and level of the group we can go through some Vinyasa Flow. Safety and connection first! Let's take it from there. Classes are in English.

**When?** Every Thursday between 8:30 – 9:30 PM, starting in June 2020.

**Costs?** Contribution to cover basic costs: 5 euros. Pay as it feels right for you!

### About teacher Merdan

"I'm a 34 years old queer man, living in Amsterdam since over eight years. With an academic background in Biology and Dance, which gives me a deeper understanding of the human body, and having studied yoga and massage, I am currently working as a masseur and yoga teacher in Amsterdam."

"Yoga has given me support, strength and energy, especially in times which felt for me like an emotional rollercoaster. Yoga always brought me back to myself, back to the moment, giving me a positive outlook and often a natural high, without any dip afterwards. I feel the calling to bring yoga to people who might really benefit from it but who might have a resistance, due to various reasons, to visit a regular yoga class."

"You are welcome exactly as you are. Happy to see you !"



Want to join the yoga class? Sign up for the mailing list: [merdan@greenman.care](mailto:merdan@greenman.care) (also for more info). You will receive a Zoom link beforehand.