

*Celebrate the joy and freedom of Yoga  
with the strong biomechanics and flowing  
sequences of Vinya yoga together with  
internationally renowned yoga teacher  
Josephine Selander.*





☘ Josephine Selander (E-RYT 500) is trained in Anusara and Ashtanga Yoga in the U.S.A. and in Mysore, India. Valued for her theoretical capability and positive spirit she has spent the last decade teaching and training aspiring yoga instructors. Using her knowledge and experience from the worlds of dance, exercise, and yoga, she has together with a sports- and dance osteopath, developed Virya yoga.

☘ The author of three books on yoga, Josephine has also released her own yoga-DVD series. In 2007 she introduced Swedish television viewers to Virya Yoga in more than 60 episodes of her TV-program, "Äntligen Yoga!". Currently, Josephine runs The Nordic Yoga Institute RYS (Nordiska Yoga-institutet) which she founded in 2007.

☘ As a celebrated teacher internationally, she has held Virya yoga classes, workshops and retreats in the U.S.A., Asia, and Europe in addition to being a popular guest instructor at sold-out international yoga festivals in Europe.

Her workshops will guide you towards a deepened practice and increased knowledge of healthy alignment, while opening your mind and heart to the life-affirming philosophy that is the foundation of Virya Yoga. At the same time you can fully experience the playfulness in yoga.

For more information about workshops and teacher trainings, visit [www.nordiskyoga.se](http://www.nordiskyoga.se)

Virya  
yoga

 Nordiska  
Yogainstitutet