

## YOGA programs and prices

**Hatha class 1.15H - 60 Euro\***

**Vinyasa class 1.15H - 60 Euro\***

**3 classes pack- 150 Euro\***

**1 week pack (7 classes) - 400 Euro\***

**Pranayama Workshop 1.45H - 80 Euros\***

**Chakra Balance Workshop - 700 Euros\***

1.30H min per 7 days in a row

Students min 2 - max 15

\*Price is for 2 students- 15 Euros for every extra student

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From May to October

7/7

Booking 48 hours in advance

Cancellation 24 before class max.

### **Hatha Yoga**

Classic yoga, slow movements and attention mainly on breathing. All movements are initiated by the breath.

Hatha yoga relaxes the mind, activates deep muscles and helps to find calm, patience and self-awareness.

### **Chakra Balance Workshop**

Improves body and mind well-being in 90 min a day, 7 days in a row.

The chakras, energy centers of our body have the task of "receiving and distributing" our vital energy, and their good functioning is crucial for the good health of body and mind.

Asana, Pranayama, Mantra and Meditation will help us consciously and unconsciously to fluidize the circulation of our energy and thus to regain a physical and mental balance.

Mathilde Courjeau Giovanforte Mari



After 12 years of musical journalism, my life path took a turn at 180° discovering meditation and becoming kinesiologist, and yoga teacher Yoga Alliance certified. The path of each individual is unique, I am passionate about the human being, That is why I am very grateful to be able to share my knowledge and accompany all students in their own path.

I believe in personal change, physical activity, discipline and individual responsibility.

*Living is change: this is the lesson that the seasons teach us - Paolo Coelho*



### **Vinyasa Yoga**

Dynamic yoga, focus on muscle activation, transitions between asanas (position). Allows you to relieve tension, get rid of stress. It helps sculpt the body, build strength and find lightness of mind and body.

### **Pranayama workshop**

Pranayama is the discipline of breath through knowledge and control of the pranana, universal vital energy. This workshop offers 5 lessons of 1.45 on the theme of the five Niyama (or personal observance). We alternate breathing techniques, gentle movements and personal reflection. It improves digestion, physical and mental response to stress, improves sex, and tones nervous system. Workshops are both independent and complementary.

- ❖ Svādhyāya स्वाध्याय self study
- ❖ Tapas तपस् discipline
- ❖ Saucha शौच purity, cleanliness
- ❖ Santoca सन्तोष satisfaction
- ❖ Isvarapranidhana ईश्वरपूजन commitment to the divine