



Private Yoga Sessions

60 minutes / Euro 100

Hatha Yoga

Historically hatha yoga is a core philosophy of all forms of modern yoga school and teaching styles. It includes the practice of *asanas* (yoga postures) and *pranayama* (breathing exercise) to calm the body and mind, while preparing the body for deeper spiritual practices such as meditation. It is relatively slow, gentle and with a minimum and effortless flow between poses. This is a good place to learn beginners' poses, relaxation techniques, and become comfortable with yoga.

Vinyasa Yoga

This style of yoga practice is often faster paced and the postures are synchronized with the breath. Each part of the body is explored and worked in a deep and mindful way. This practice increases muscle strength, endurance and flexibility, and reduces levels of stress.

Ashtanga Yoga

This method involves synchronizing the breath with a progressive series of postures to produce an internal heat to detoxifies the body. It is ideal for building core strength and it results in improved circulation, a stronger body and a calmer mind.

Bikram Yoga

This class involves a series of 26 yoga postures and two breathing exercises. As you move through the postures, you stretch the spine and muscles, stimulating the organs, glands and nerves thus moving fresh oxygenated blood through the entire body and restoring all systems to a healthy working order. This practice requires concentration, patience, determination and self-control, leading to increased mental clarity and reduced stress.

Therapeutic Yoga

During this class, you will learn therapeutic bio-mechanical principles that facilitate healing and shift chronic patterns of pain and acute injuries into areas of knowledge and empowerment. It is particularly effective for those recovering, or living with, injury or chronic pain.

Anusara Yoga

This new system of yoga teaches a set of Universal Principles of Alignment which underlie all of the physical asanas, while focusing on experiencing joy in your practice as well as your daily life. The practice of anusara is broadly categorized into three parts, known as the Three A's. They include attitude, alignment and action.

Restorative Yoga

This is a gentle, relaxing and passive form of yoga that allows you to completely relax and release the body into a gentle stretch. This style makes use of a wide range of props, including bolsters, blocks, straps and blankets. The intention is to provide support within each pose, making it easier to completely let go.

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