

Yoga of the Heart



Develop Your Family Yoga Practice

Would you like to *develop your own Family Yoga Practice at home*? When it's a good moment to start Yoga with your kids? The earlier the better! The best environment? Home sweet home! The best way? Parents committed to their own regular/daily practice! Children exposed to Yoga would automatically invite them to copy it, integrate it & live it as something completely natural – not artificial, not forced!

Characteristics

Storytelling, songs & games invite families to explore body postures together. 45 mins sessions full of fun & magic to explore & embrace the magic of Yoga together! These Yoga sessions are child-centered and suitable for every-body, no previous experience is necessary

Location

At your home or at a Yoga studio located in the city centre of St. Gallen

Language

English or Spanish

Book your class/package now!

Single Class x 45 mins.-150 CHF.-

5 sessions x 45 mins.- 700 CHF.-

5 sessions x 45 mins – Meeting once a week to develop a personalized FUN practice that responds to the needs & wishes of your unique family constellation, check-in on your regular practice, & exchange questions.

If practiced regularly on a long term base, magical results will be experienced both individually & in the family constellation. This package includes pre-& post-processing.

Make your own request for a customized offer based on the number of participants, duration & location of the class.

More infos & reservation to info@ishvarayoga.ch