

# Yoga of the Heart for Every Body



## Develop Your Practice

What if developing your *personalized Yoga practice* would hold everything you need? Well, since *all you need is with-in you* – this individualized regular practice would allow you *access & acknowledge the perfect union of opposites* that you all-ready are.

YES! Developing your own *Yoga practice* is key to *participate in the reality that you already are* – nothing to change, nothing to achieve, nowhere else to go.

### **Characteristics**

- ∞ An intimate moment of connection with the world inside of you
- ∞ A simple yet energetically powerful Hatha Flow, Yin &/or Restorative session
- ∞ Body movements at the pace of your own breath
- ∞ Blissful final relaxation
- ∞ Final Meditation

These Yoga sessions are 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 60 mins.-130 CHF.-  
5 sessions x 60 mins.- 600 CHF.-

These are (ideally) weekly sessions developed thoroughly to respond to your needs & achieve the maximum therapeutic value. Each class is a combination of *asanas*, relaxation, *pranayama* & meditation that will unleash your fullest potential. If practiced daily on a long term base, magical results will be experienced. This package includes pre-and 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](mailto:info@ishvarayoga.ch)