

Yoga of the Heart in Educational Institutions



'Yoga of the Heart' is a personalised Yoga & Mindfulness program based on the needs & wishes of kids, teens and/or adults participating. This is an invitation to develop & embrace participants' fullest potential arising only from their hearts!

Each session aims to enhance participants' emotional, physical, and mental well-being. Yoga of the Heart classes are a harmonic melody consisting of:

- ✍ body postures
- ✍ breathing techniques
- ✍ guided meditations
- ✍ mindfulness games
- ✍ music & story telling

Sessions are per term and/or special events/workshops. Price starts at CHF 130.- per class depending on number of participants, duration & location of the class. Please make your own request for a customised offer to info@ishvarayoga.ch

Book your first session NOW!