

Online courses Spring 2021

ANGEL DORA
atufa.com

Foto: Miquel Angel Dora

Yoga from Home!

Bowspring Yoga
& Meditation Online!

we meet via Zoom.

More information/subscription:
info@miaeyoga.com / 070 7945523

www.miaeyoga.com

Meditation Circle

A pause in your day for focus and presence. You will try out different technics in breathing/Pranayama, mindfulness and meditation. Guided meditations.

Thursdays 17:30-18:00
Start: 7 January
Free/ donation based.

Gentle Yoga

Find an open and dynamic posture through conscious movement, breathing, and muscle activation, that give tone to fascia and reinforces flexibility, balance and strength. Better immune system, mental focus and presence. In these sessions we move in a gentle tempo, and there will be time for restorative postures and relaxation. Beginners such as all levels are welcome!

Tuesdays at 18:30-19:45 (CET)
Start: 12 January

Yoga

Bowspring inspired yoga. Mixed levels. We use the keys of the Bowspring method to discover body and mind in balance, strength, flexibility, and activation of body awareness and breath.

- A boost for the immune system
- Mental focus
- Functional movement and posture
- relaxation and presence

Mondays 10-11:15 Start: 4 January
Thursdays 18:30-19:45 Start: 7 January

Prices Gentle Yoga & Yoga

Dropin: 15 Euros

10 classes: 120 Euros

Your own Yoga

Are you looking for a space where you can develop your own meditation - or yoga practice, focused on Your needs and wishes? Contact me for more information and I offer a first meeting for free!

Coaching

Do you want to find direction and catch up with your inner resources? The Coaching space opens up for personal growth; physically, mentally, and for your soul. You will get help to:

- find intention and goal setting
- develop your whole potential
- create specific sub-goals in harmony with what you want to develop in your life.

Contact me Today! First session for free!

Looking forward to see you! //Mia