

# Yoga Privates

with Stephanie Engeli



Do you want to deepen your Yoga practice in a holistic way?

Do you want to improve specific physical problems, e.g. chronic back-pain or improve your overall health?

Do you want to feel balanced, relaxed in everyday life?

Do you prefer to practice Yoga in individually designed classes?

## Range

- Class style ranges from Hatha Flow, to Yin and Restorative Yoga
- Classes include Yoga, meditation, pranayama, embodiment as well as other mindfulness approaches and Reiki
- This is you class: During our first meeting, we discuss your specific needs and wishes – from one-hour Self-love Yoga to chill and recharge to having a specific plan on improving physical problems or up-leveling your Yoga practice – anything is possible

**Location**

At my home studio located in central Zurich (Limmatplatz is 5 minutes walking distance). Other locations by request (other prices may apply).

**Language**

Swiss-German or English

**Rate**

Single class: CHF 137

5-Abo: CHF 650

10-Abo: CHF 1200

Includes mats, props as well as pre- and post-processing

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