

ANNE SEVERYNS SUKHA

Ayurveda, Yoga & Upaya in Brussels

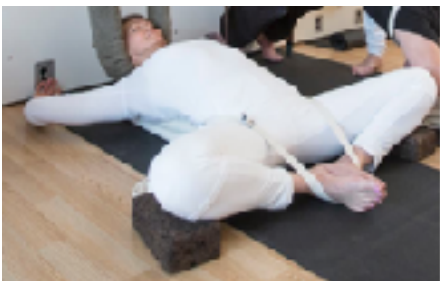
offers Ayurveda & Yoga in Brussels, the best way to find balance between your life, by harmonising the outer with the inner Self. At Sukha you can enjoy different types of rebalancing treatments:



Abhyanga massages
with lukewarm oil
according to your Doshas.



Kurunata yoga Sequence of asanas
practiced with aid of ropes on a wall
for proper alignment and facilitating
inverted postures.



Upaya relaxation Yogic breath
and meditation techniques
for ultimate relaxation.

Ayurvedic massages, Kurunata yoga, Upaya relaxation.

On Appointment only

80 euro per session