

Namaskaram Lovely Being,

By practicing Yoga and Ayurveda for over 20 years I the common thread of my life I observe that people who practice these life sciences experience more resilience in all living conditions II

Several individual Yoga & Ayurveda sessions can be booked and practiced at home I as well as virtual sessions at your request I

What type of treatment do you want?

****HaThaYoga**** or harmonization of the human system with the cosmic through conscious breathing and appropriate exercises combined.

Along with proper breathing, the poses help cleanse the body's cells and activate cell renewal to build physical well-being and stamina. We practice with and without using the Pelvic Swing.

****Tantrik Yoga**** or Culture of Consciousness, prepares you for meditation. During this exercise you listen to my voice as your guide, sitting cross-legged ****Dhyana****, or lying down comfortably face up ****Nidra****.

****Abhyanga**** or rejuvenating massage. In addition to lubricating the whole body with lukewarm oil, this unique massage, by manipulating first the back, the arms, the hands, the legs, the feet, then the abdomen, the head, the neck and the shoulders, supports the nervous system thus reducing stress.

****YogAbhy**** or a 30 minutes gravity yoga session followed by a 60 minutes revitalizing Ayurvedic massage. In addition to lubricating the entire body with lukewarm oil, yoga prepares the body for deep relaxation by stretching the entire spine and major muscle groups through inversion.

A **PanchaKarma** involves 5 cleansing techniques:

This cure is spread over 7 to 10 appointments in addition with an **AyurvedicSeasonalCleanseDiet**.

At the start of your first appointment you do a **Dosha Test** (30'), which is followed by an Abhyanga massage (90').

*The purchase of a **AyurvedicSeasonalCleansingKit**, **GarshanGloves**, **HerbalEyeMask** and **YogaVastraCombi** is optional.*

Ayurvedic Treats:

Mardana or massage of the deeper tissues,

Garshan or dry massage with silk gloves,

Kizhi or hot massage with a herbal pouch,

Udgharsana or **Utsadan**, or herbal powder massage. This unique procedure is used for various health problems and also for slimming and cellulite by rubbing the body with Churna (coarse herbal powders) paste, a mixture of dry herbal powder and medicinal oils or other liquids; or rubbing the body with dry herbal powder without adding oil or liquid.

Shirodhara massage or lukewarm oil dripping on the third eye,

Kansu or foot and lower leg massage. Copper bowls are used throughout the session, this technique balances the tridosha of **Vata**, **Pitta** and **Kapha**.

Champi or head massage. This massage is soothing, relaxing and restorative by manipulating the shoulders, scalp, neck and face, strengthening the nervous system and leaving you feeling lighter and more comfortable.

As a result of any of these treatments, your body will feel better physically and emotionally as it will restore and renew your energy, allowing the body to function much better.

A **Massage ou Yoga Add-on** is a 30 minute test that allows you to know your **Dosha** balance or the balance between your bodily moods so that together we can establish your **Dincharya** or daily routine.

After completing a questionnaire, you will discover your **Prakruti**, your constitutional blueprint, and **Vikruti**, your current state to know your Dosha **Vata**, **Pitta**, **Kapha** ratio.

Together we look at your sleeping, eating, exercise and other lifestyle habits so that you receive tailor-made nutritional advice, an exercise program and new lifestyle habits. All of this to help you optimise your energy balance and lead a healthy and comfortable life.

In addition to live care, I offer 30 minutes **OnlineSessions** that you can perform from your desk chair.

YogaAssis is a complete session that relaxes the eyes, lubricates the joints, strengthens the main muscles and activates the energy system.

YogaMalish is an Ayurvedic self-massage, which you give yourself during certain postures. This "do-it-yourself" session is a "self-massage" to release and improve circulation and help reduce tension; also strengthens facial and body tissues for deeper penetration and better action of skin care products.

AntasthaYoga or blindfolded yoga, founded by Sanjeev Bhanot, guides you deep within yourself. With the help of eye mask you eliminate distractions from everyday life, and can focus on your inner space through pratyahara or disabling the senses to create a stillness that promotes physical healing and inner development. Each of the carefully crafted yoga series stimulates the central nervous system, building your inner strength and regenerating you by activating your life force.

Self-care or practice together for self-esteem | Out of desire
for truth | For the good of all | Ohm |
I look forward to seeing you on the date and time you
choose | Namaskaram ||

Sukha: [Services](#) | [Contact](#) | [Reservation](#) |

Your Feedback : [Site](#) | [Facebook](#) | [Instagram](#)

Hope to see you soon, Namasté ||
Anne Severyns Sukha

