

[Sukha Yoga & Ayurveda](#) offre des pratiques, des exercices physiques et mentales, actives et/ou passives, en restant 'conscient' par l'attention à votre souffle de vie, votre Prana. Ce qui vous aidera dans votre recherche à vivre confortablement et sans efforts.

[Sukha Yoga & Ayurveda](#) offers practices, physical and mental exercises, active and / or passive, remaining "conscious" by paying attention to your breath of life, your Prana. This will help you in your search to live comfortably and effortlessly.

[Sukha Yoga & Ayurveda](#) biedt fysieke en mentale oefeningen, actief en / of passief, 'bewust' blijven door aandacht te schenken aan je levensadem, je Prana. Dit zal u helpen bij uw zoektocht om comfortabel en moeiteloos te leven..

Practices Explained

[HaTha Yoga](#) or "attuning" the human system to the cosmic through conscious breathing. These poses help cleanse the body's cells and activate cell renewal to build physical well-being and stamina. This practice will be with the aid of the Yoga Wall.

[Abhyanga](#) or Ayurvedic massage which in addition to lubricating the whole body with lukewarm oil is unique by manipulating the back, head, neck and shoulders, feet and the abdomen, thus supporting the nervous system by reducing stress, feeling lighter and more comfortable.

Massaging the scalp and face will induce relaxation and stimulate optimal blood flow which will help reduce stress and anxiety, providing clarity and peace. As a result, your body will feel better physically and emotionally as it will restore and renew your energy, thereby helping the body to function much more optimally.

A 5-week course involves different Ayurvedic techniques (Garshan, Kizhi, Shiro, ..)

[Mardana](#) or massage which in addition to lubricating the whole body with lukewarm oil is unique by manipulating the back, head, neck and shoulders, feet and belly, thus supporting the nervous system by reducing stress, feeling lighter and more comfortable.

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[Tantrik Yoga](#) Tantrik Yoga or Consciousness Development. You can choose between 3 methods: Yoga Dhyana: sitting in crossed legged position; Yoga Nidra: lying on your back or Yoga Shuddha: practising blindfolded.

Let's practice Yoga & Ayurveda together out of love for ourselves, out of desire for truth and for the good of all.

[Dincharya](#) or an Ayurvedic daily routine through a guided Dosha self-assessment, in order to create a daily routine plan to live comfortably thanks to hygienic routines, nutritional advice, exercises and more...

Yoga & Ayurveda Virtual

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

In addition to Yoga and Ayurveda treatments in my practice, I offer virtual sessions on, adapted to your workplace. You can do these sessions sitting in your chair, sitting on the floor or even standing up and all without leaving your workplace! It is like a session with me, which has the advantage for you that you do not have to move and that you can practice the session when and as much as you wish!