



Ayurveda & Yoga in Brussels
A journey that brings balance to your life
in a physical and conscious way.

Abhyanga

massages with lukewarm oil
according to your Doshas.

Kurunta yoga

Sequence of yoga asanas
bringing harmony into the body
through reversed postures.

Yoga Nidra

a technique that raises awareness
to the breath and brings deep relaxation.

[Book online](#)

Anne Severyns Sukha

