

Namaskar Lovely Being,

Let's take care of our Self or practice together out of Love for the Self, out of Desire for Truth, for the Benefit of All. Ohm.

I will be pleased to see you on your chosen date & time.

Anne Severyns Sukha



**HaThaYoga** or attuning the human system to the cosmic through conscious breathing and proper exercise. The poses combined with appropriate breathing help cleanse the body's cells and activate cell renewal to build physical well-being and stamina. We practice with and without the aid of the Pelvic Swing at the Yoga Wall.

**Tantrik Yoga** or Awareness Cultivation. This practice YogaDhyana (you sitting cross-legged) or YogaNidra ( you lying comfortably in a face up position) with my voice as your guidance.

**YogaAssis** or seated yoga at work. This practice is an overall session which relaxes the eyes, lubricates the joints, strengthens the muscles and activates the energy system. And is performed online!

**YogaMalish** or ayurvedic self-massage. This 'do it yourself' session is a 'self' massage to reduce tension, loose tightness and increase circulation; strengthening of the body and facial tissue to provide deeper penetration and better functioning of skin care products.

**Abhyanga** or rejuvenating 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. 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 10-week cure involves different Ayurvedic techniques (Garshan, Kizhi, Shiro,..)

**Mardana** or deep tissue 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. 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.

**Ayurvedic Dincharya** or a Daily Routine to go through life comfortably with nutritional advice, exercises and more