

## **YOGA VINIYOGA - RELAXATION - GUIDED MEDITATION**

Yoga is an ancestral and traditional discipline from India aimed at harmonising the body and mind. Viniyoga can be described as the art of adapting yoga to the individual person.

The pertinence and specificity of viniyoga lies in the fact that the postures etc are adapted precisely to the needs and goals of the individual bearing in mind his/her actual physical, mental and emotional state. Each session, comprising the postures, breathing, relaxation and meditation exercises is customised.

### **VINIYOGA PERFECTLY ADAPTED TO YOUR NEEDS, WILL :**

- 0- Immediately eliminate accumulated bodily and mental tensions.
- 0- give you a more supple body and mind.
- 0- improve energy flow.
- 0- increase consciousness and awareness of your daily movements and activity.
- 0- awaken and sharpen perception of yourself and of your environment.
- 0- harmonise your body and spirit, giving you a feeling of inner oneness.
- 0- profoundly relax and give you inner peace.

The session can be conducted in the natural environment, weather permitting which will render it even more beneficial.

### **INDIVIDUAL SESSION**

- **ASANAS Body postures and breathing techniques Duration 1h00 Price : 50 euros**
- **NIDRA Body postures and relaxation techniques Duration 1h30 Price : 65 euros**

**- DHYANA Body postures and  
meditation Duration 1h30 Price : 65  
euros**

**- JYOTI Guided relaxation, head massage and  
Kansu Duration : 1h30 Price : 70 euros**

## **GROUP SESSION**

**GUNA Body postures and guided relaxation  
Duration 1h30 Price : 70 euros per group**