

YOGA IN HOEILAART

Join our small community here at **LVW Physio** every
Wednesday evening from 7.30–9.00 pm

Why Practice Yoga?

- Build mental resilience and physical strength
- Creates mindful focus and mental clarity
- Supports sleep quality and immune function
- Improves confidence and self-acceptance
- Helps manage stress



What Is The Practice Like?

- Breathwork & mind-body connection
- Mindful, soft flows to create present moment focus
- Asana for whole body strength & flexibility
- Emphasis on individual experience & sensations, based on one's own capacity
- Guided relaxation

Want to join?

- Location: LVW Physio, Georges Huynenstraat 26, 1560 Hoeilaart
- Price: 15 EUR drop in; 60 EUR for a 5-class pass
- Start: Wednesday, 19 August 2020
- Questions? Send Bettina an email: bettinaschelkle@gmail.com

About the Teacher



Bettina is a Yoga Teacher and Health Coach at A Vibrant Life (www.avibrantlife.eu). Bettina's teaching style combines gentle Vinyasa style approaches with Hatha and restorative yoga. Bettina attended a yoga teacher training at the Devon School of Yoga, UK, from 2013–15, and did a restorative yoga and yoga nidra training to deepen her own practice and to start sharing the wonderful benefits she received since practicing yoga herself.



A VIBRANT LIFE