



Book one of my Retreats by the end of the month and get 20% off !



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# Eleventh Embodiment

## Alternative and Holistic Healing

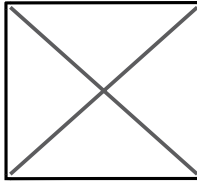
Learn More

### Why Eleventh Embodiment

Eleventh Embodiment is a unique blend of traditional yoga and modern holistic healing practices. It is designed to help you connect with your inner self and experience the transformative power of yoga in a way that is both accessible and effective. Our retreats are held in beautiful, serene locations, providing you with the perfect environment to deepen your practice and explore new dimensions of your being. Whether you are a seasoned practitioner or a beginner, our retreats offer a safe and supportive space for you to grow and evolve. Join us on our journey of self-discovery and transformation.

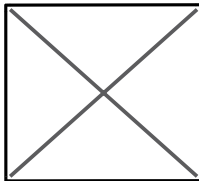
### Welcome Message

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More About Me

### Quote



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## Classes



Kundalini Yoga

Mon - Wed - Fri 9am - 10.30am GMT

Book



Yin Yoga

Tue - Thu - Sat 9am - 10.30am GMT

Book

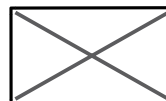


Tantra Yoga

Mon - Wed - Fri 5pm - 6.30pm GMT

Book

## Healing Sessions



Available Every Day

By appointment only

Please contact me to arrange

Contact Me

### Contact me:



phone: +353858335702



email: harpreet@eleventhembodiment.com

### Follow me:



09:52 AM



## Eleventh Embodiment

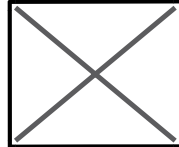
Alternative and Holistic Healing

### Why Eleventh Embodiment

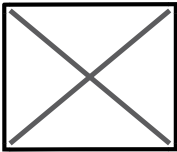
Eleventh Embodiment is a holistic approach to healing that combines traditional yoga practices with modern holistic therapies. It focuses on the connection between the mind, body, and spirit, aiming to create a balanced and harmonious state of being. This approach is ideal for those seeking a deeper understanding of themselves and their health.

### Welcome Message

Welcome to Eleventh Embodiment! We are thrilled to have you join our community. Our classes and healing sessions are designed to help you achieve a state of inner peace and physical well-being. We look forward to supporting your journey towards holistic health.



### Quote



"The body is a temple, and the mind is the fire. When the fire is lit, the temple is alive. When the fire is out, the temple is dead. Eleventh Embodiment is the art of keeping the fire lit and the temple alive."

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### Healing

Healing Sessions

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