

JOIN YOGA

FOR BODY AND MIND



About The Yoga Instructor:

Sheetal Chavan, a certified RYT® 200 Yoga and Meditation teacher from India, has been residing in Europe since 2017. She was introduced to yoga and meditation at a young age of 12, she has personally benefited from improved flexibility, strength, stress reduction, enhanced focus, and overall well-being. While holding a full-time job, Sheetal shares her passion for yoga and meditation, humbly imparting the benefits she has gained. Her dedication to guiding others in their well-being journey stems from transformative personal experiences, embracing the opportunity to inspire others.

What You Get:

The teachings are based on Ananda Yoga® which is both relaxing and revitalising. It promotes harmony on all levels - physical, mental and spiritual - via yoga postures, breathing techniques and meditation. Two unique features are;

- (1) special exercises to increase your energy level, and
- (2) the practice of highly effective, silent affirmations designed to increase the benefits of the postures.



€13 per session

Location, Timings & Contact:

- 📍 **Location:** Yoga in Moabit, Bandelstraße 22, 10559 Berlin
- 🕒 **Time:** Every Thursday - 19:15 to 20:45 (starts from 7th Sept. 2023)
- 🗣️ **Language:** English only
- 🧘 **Levels:** Foundational class suitable for beginners and intermediate
- ⚠️ Please report chronic illnesses and health restrictions in advance.

**FIRST
SESSION
FREE!!**



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