JOIN YOGA

FOR BODY AND MIND



About The Yoga Instructor:

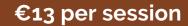
Sheetal Chavan, a certified RYT® 200 Yoga and Meditation teacher from India, has been residing in Europe since 2017. She was introduced to yoga and meditation at a young age of 12, she has personally benefited from improved flexibility, strength, stress reduction, enhanced focus, and overall well-being. 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.





Location, Timings & Contact:

- **Q** Location: Yoga in Moabit, Bandelstraße 22, 10559 Berlin
- O **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.