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Zen Studio

Experience. Every. Moment.

**Who we are?**  
Meet the team and instructors that will be guiding you on your journey and find out how we became the incredible studio that we are today.

**Activities**  
Find out about our incredible Courses and day to day activities for everyone to enjoy! The fun starts here.

**Contact**  
Want to contact us for one of our Upcoming Activities or just have some general questions? Click Here.

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**Zen Studio**

## Experience our Yoga in your own way

Through one of our uni classes that range in char

### Activities

#### Indoor Vinyasa Yoga Classes

Vinyasa means "to place in a special way" and, in this case, yoga postures. Vinyasa yoga is often considered the most athletic yoga style. Vinyasa was adopted from ashtanga yoga in the 1980s. Many types of yoga can also be considered vinyasa flows such as sunsalutation, power yoga, and prana.

Morning	Evening
Time: 7:30 - 8:30 am Location: Studio 2 Beginner Class	Time: 5:30 - 6:30 pm Location: Studio 2 Advanced Class
Time: 7:30 - 8:30 am Location: Studio 3 Advanced Class	Time: 5:30 - 6:30 pm Location: Studio 3 Advanced Class

#### Outdoor Yin Yoga Classes

Yin yoga is a slow-paced style of yoga with seated postures that are held for longer periods of time. You can also do a meditative yoga practice that helps you find inner peace.

Morning	Evening
Time: 6:00 - 7:00 am Location: Meet at Studio Beginner Class	Time: 17:00 - 18:00 pm Location: Meet at Studio Advanced Class
Time: 6:00 - 7:00 am Location: Meet at Studio Advanced Class	Time: 17:00 - 18:00 pm Location: Meet at Studio Advanced Class

Participate in one of our Core meditation classes

Let one of our Instructors guide you down a path of calmness and relaxation

#### Progressive Relaxation Meditation

Also known as body scan meditation, progressive relaxation is a technique aimed at reducing tension in the body and promoting relaxation.

Otherwise, this form of meditation involves slowly tightening and relaxing one muscle group at a time throughout the body.

Morning	Evening
Time: 8:45 - 9:30 am Location: Studio 2 All Levels Class	Time: 18:45 - 19:30 pm Location: Studio 2 All Levels Class

#### Mindfulness meditation

Mindfulness meditation originates from Buddhist teachings and is the most popular meditation technique in the West.

This practice combines concentration with awareness. You may find it helpful to focus on an object or your breath while you observe any bodily sensations, thoughts, or feelings.

Morning	Evening
Time: 8:45 - 9:30 am Location: Meet at Studio All Levels Class	Time: 18:45 - 19:30 pm Location: Meet at Studio All Levels Class

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**Who We Are**

**Zen Studio and our Story**

Zen Studio started out as a small concept from the owner and Instructor, Frida Pedersen. She created the spark that ignited the creation of this success story fuelled by her passion and desire for teaching and love of sharing her experiences with the people around. The Studio quickly became popular for its urban take on yoga and its success in creating an environment for people to work-out and reconnect with their fellow surroundings, well diving deeper into understanding themselves and relieving their day-to-day stress.

**Meet the team**

Frida Pedersen  
Owner and founder of Zen Studio, Instructor and Meditation Guide

Jessica James  
Yoga Instructor and Health Mentor

Mathew Rhode  
Instructor and Meditation Guide

**Want to find us?**

We are located in Sweden, in the city of Stockholm. Our address is: 164 70 Solna, Brunneviksvägen. We are located just next to the lake.

**Operating Hours:**  
Mon - Friday: 6:00am - 20:00pm  
Saturday: 6:00am - 18:00pm

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Class:  Yoga  Meditation

Date & Time:  /  /

Class type:  Vinyasa Yoga  Yin Yoga  Progressive Relaxation Meditation  Mindfulness meditation

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