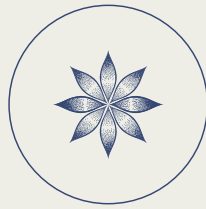


*Congratulations
to this step
to you!*

*Private Yoga classes
with Nicola Schaefer*

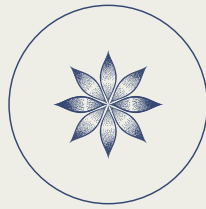
PATHS ARE CREATED BY WALKING THEM



- If you want a more sensitive or finer body feeling
- If you are looking for a practice that fits your body, habits, and life
- If you long for more mindfulness and self-love in your everyday life
- If you want to support your personal development with yoga and meditation

*“Yoga is the journey, of the self,
through the self, to the self”
– The Bhagavad Gita*

This program is suitable for all levels:
newcomers to yoga, regular practitioners and
also for yoga teachers.



It is a great pleasure for me to walk this path with you
and to remind you of your personal truth on our
journey together.

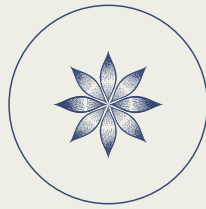
You can learn to listen to your body again and receive
tools from the areas of Ayurveda, the chakra system,
personality development and mindfulness rituals to
find your own way into your very own yoga practice.

I am so looking forward to our practice.

Yours, Nicky

300 h Yoga Alliance Certified Teacher for
Ashtanga-Vinyasa | Yin Yoga | Yoga of a therapeutic
nature | Ayurvedic Yoga |
Breathing Exercises & Pranayama |
Vipassana meditation for stress management |
Systemic Life Coach (IHK certificated)

Specializes in self-care-based yoga & personal
development



INCLUSIVE

- 30 minutes preliminary talk: I want to learn to understand your reality in order to recognize your wishes and needs. Tell me: Why do you want to get on the mat?
- Individual yoga live class: breathing technique, movement practice and meditations tailored to you
- Direct correction of your physical exercises
- Regular exchange and adaptation of your practice to progress and life situation
- Recordings of our joint yoga flows and meditations

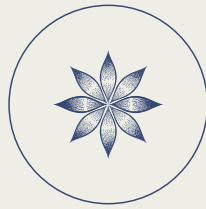
PRICES

1 x 60 Min: 85,- €

1 x 90 Min: 105,- €

4 x 60 Min: 295,- €

4 x 90 Min: 375,- €



You still need a WHY?

No problem. Simply arrange a non-binding consultation with me and I will help you to consolidate a strong motivator for this next big step in your life.

Thank you for your trust.



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