

# What are .....

## DIFFERENT STYLES OF YOGA WE OFFER

### *Vinyasa Yoga*

#### THE DANCE OF BREATH AND MOTION

Breath leads, the body follows—a seamless rhythm, a moving meditation. Each inhale expands, each exhale grounds, weaving a flowing tapestry of strength and surrender. Like waves meeting the shore, movement rises and fades, never forced, never held. Vinyasa is not just a sequence; it is poetry in motion, a bridge between the physical and the infinite. In the space between breath and transition, the spirit finds its truest expression—fluid, free, alive.



### *Breathwork*

#### THE ETERNAL RHYTHM OF LIFE

Breath is the steady current, the unwavering force that anchors body and soul in the flow of existence. With every inhale, energy rises, filling the vessel with vitality; with every exhale, tension dissolves, grounding us in the present. The prana moves with quiet consistency, weaving through the nadis, awakening clarity, stability, and strength. In the sacred space between breaths, there is a stillness where the mind settles, the heart steadies, and the soul remembers its infinite nature. Breath is not just life—it is the bridge to all that is.



### *Hatha Yoga*

#### THE POETRY OF STRENGTH

Steady as the rising sun, Hatha is the balance of effort and grace. Breath anchors the body, each movement deliberate, each posture a quiet conversation with the soul. Strength is not forced; it is discovered in the spaces between stillness and motion, in the unwavering presence of the moment. The heart lifts, the mind clears, the spirit expands. Here, in the rhythm of breath and the pulse of being, we do not chase balance—we become it.



### *Yin Yoga*

#### THE WHISPER OF THE SOUL

Soft as moonlight, gentle as a sigh, Yin is the art of melting into the moment. Breath drapes over the body like silk, guiding it deeper into surrender. Here, there is no rush, no resistance—only the quiet unfolding of what has always been. The heart opens, the mind softens, the soul stretches into the vastness of stillness. In the hush of each lingering pause, something sacred stirs—a whisper of love, a sigh of belonging, a homecoming to the self.

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### *Slow Flow*

#### THE GENTLE UNFOLDING

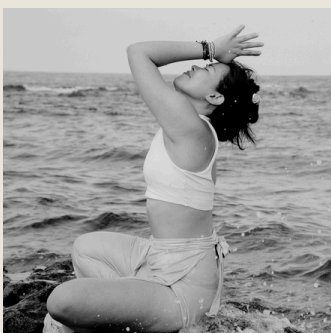
Like a river moving with quiet certainty, Slow Flow carries the body through breath, through space, through stillness. Each movement is an offering, each transition a moment of deep presence. There is no rush, only the steady rhythm of breath weaving energy through the limbs, grounding, expanding, softening. Strength is found in patience, stability in surrender. With every inhale, we rise; with every exhale, we return—home to the body, home to the soul, home to the eternal flow of being



### *Creative Flow*

#### THE DANCE OF POSSIBILITY

Breath flows, and with it, the body responds—freely, playfully, without constraint. Every movement is an adventure, each transition a surprise, flowing into the unknown with joyous curiosity. There are no limits here, only the exploration of what is possible, what is playful, what is wild. The body stretches into uncharted space, flows through unexpected rhythms, discovering hidden strength and effortless grace. In this creative unfolding, the mind is liberated, and joy is found in the freedom to simply move, to explore, to be.



### *Words From Your Yoga Teacher*

The flows and sessions are mindfully created with a lot of love and thoughts. Sometimes with specific topics sometimes just mindful movements to free our body and elevate our energy levels and consciousness.

You can talk with me for special requests e.g. heart openers, back pain, anxiety etc.

The sessions are for all levels, gentle, loving while having the possibility to challenge your mind & body. And finally resting in the touch of aromatherapy.

Come as you are :)

-Angela



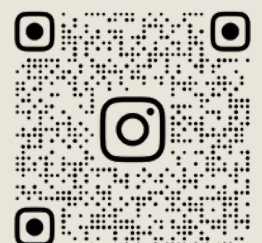
### *Chakra Flow*

#### THE SACRED RISING

Breath ascends, awakening the luminous centers within. Rooted in steadfast presence (Muladhara), we stand unwavering, grounded in the rhythm of the earth. Flowing into sensual grace (Svadhishthana), movement becomes a river, fluid and alive, embracing the tides of change. The core burns with radiant will (Manipura), a golden fire of confidence, purpose, and inner strength. The heart blossoms in boundless love (Anahata), an infinite wellspring of compassion and connection. Breath rises into pure expression (Vishuddha), a song of truth spilling effortlessly into the world. The mind opens to divine insight (Ajna), a sacred vision beyond sight, where wisdom whispers through the stillness. And finally, we surrender to infinite light (Sahasrara), dissolving into the vast, endless expanse of the cosmos—whole, luminous, free.



QUESTIONS? PIN ME



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