



Private yoga lessons as therapy

Many people carry tensions that they have long since ceased to be aware of – until they manifest themselves as pain, fatigue or inner restlessness.

This is exactly where I come in: individual support for greater well-being, balance and inner peace. A session that adapts to you – not the other way around.

The aim of a 1:1 private lesson

The private lesson is all about you: Where is the blockage? Where is there a lack of energy, stability, mobility or depth of breath?

The aim of the treatment is to release physical and psychological blockages and allow your life energy to flow freely again – for noticeable harmony in body, mind and soul.

What to expect

- **Medical history questionnaire** to tailor your session precisely to your needs and wishes
- **60 minutes of individually tailored practice**, tailored to you and your issues
 - **Key yoga exercises*** to release joints, fascia and muscles
 - **Breathing techniques such as Buteyko*** to harmonise your breathing rhythm
 - **Chakra massage*** to gently release stagnant energy

*individually or in combination, as required

Breathing techniques such as Buteyko help you to calm and deepen your breathing. Slow, conscious breathing brings calmness, clarity and new energy.

Key yoga: gently guided spiral movements open your "four energy gates" – hip and shoulder joints. Tension eases, mobility returns, energy flows.

Chakra massage harmonises your energy centres. Many guests feel a sense of inner spaciousness, calm and lightness throughout their body afterwards.



The structure of the session is tailored to your individual needs



About me

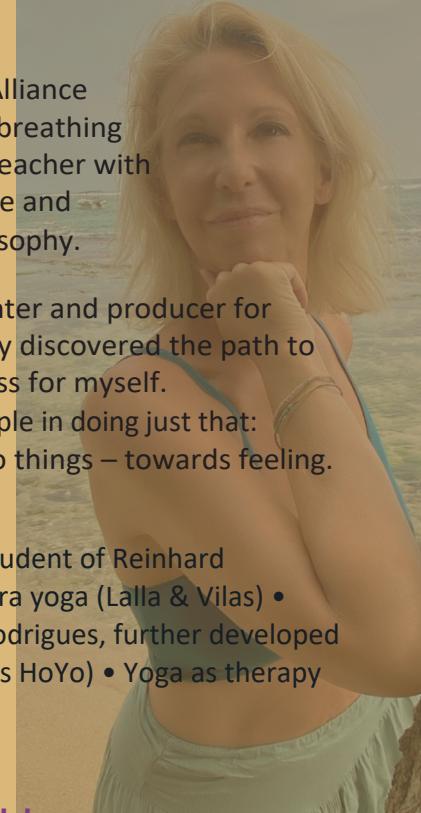
I am Barbara – a Yoga Alliance certified yoga teacher, breathing coach and meditation teacher with international experience and a PhD in Buddhist philosophy.

I worked as a TV presenter and producer for many years until I finally discovered the path to stillness and mindfulness for myself.

Today, I accompany people in doing just that: Away from having to do things – towards feeling.

Training:

Kundalini yoga (with a student of Reinhard Gammenthaler) • Anusara yoga (Lalla & Vilas) • Hormone yoga (Dinah Rodrigues, further developed by Dr Claudia Turske alias HoYo) • Yoga as therapy (Dr Claudia Turske)



Contact & Booking

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Special price for guests €70 / 60 mins

www.bepure-yoga.com