

Ecole Internationale Le Verseau

YOGA CLASSES

Build strength and balance, improve concentration and focus
with yoga!

MONDAYS AT 12.40-13.15

FRIDAYS AT 12.40-13.15

IN BIG SPORTS HALL

STARTING ON
NOVEMBER 14TH

YOGA PRACTICE WITH EVA PREMOZE
REGISTRATION SUGGESTED ON



YOGAVERSEAU@GMAIL.COM

OR



0486 510 199



*Did you know that mindful movement improves brain activity,
sleep, your mood, sharpens the focus and releases the stress and
that yoga contributes to overall wellbeing of the mind and body?*

Why MINDFUL YOGA ?



The last two and half years have taken a toll on the mental wellbeing of us all.



It is high time to build up the confidence in ourselves, in a **non-judgmental** environment with **empathy** and **acceptance**.



Therefore, I would like to invite you to discover my yoga lessons, especially designed for and adapted to teenagers: **Mindful yoga and breath**, which is inspired by Yoga and Mindfulness, but not only...



Studies have shown that Yoga and Mindfulness increase **well-being, focus** and **sleep**.



We will practice together, have fun and most importantly **become the better versions of ourselves**.



Any prejudices about Yoga? (like - yoga is boring, it's for grannies or only for super-flexibles) Well....let's talk about it! I promise that I'm ready to listen to your concerns and share my knowledge.

Can't wait to see you in the class!

I will instruct the class mostly in English but if necessary, I can switch to French.