

ALL YOU NEED IS SELF-LOVE

***FALLING IN LOVE WITH YOUR YOGA PRACTICE
AND YOURSELF***

Yoga with Juliette

Saturday 13th February

1500-1730, Temple du Yoga

CHF30, in English, all levels



Reserve at juliette@julietteyoga.org

***A mindful, heartfelt & therapeutic
vinyasa yoga workshop with
Juliette exploring the cultivation
of 'loving kindness' (metta
karuna), firstly to self with a
practice from the heart, to
observe & soften our reactions
and attitude in asana we will build
towards a soft, accepting
compassion through a metta
karuna meditation, finishing with
a mindful open heart ready to
bring the practice of compassion
off the mat, into our lives.***