

# YOGA

The awareness of the benefits of yoga is spreading fast all around the globe. Yoga is known to affect us at physical level, resulting in deep relaxation at muscular level and slowing down the breath. At a mental level it increases creativity and will power, and at intellectual level it sharpens and calms down the mind. Yoga is also a fine tool to enhance our ability to master our emotions. Finally an inner awareness can unfold the hidden potential powers in a person.

We all have different yoga paths.

We all take from yoga what we want.

The benefits are starting to be felt from the first practice of yoga, and gradually increase, with regular practice.

Ilse got introduced to yoga more than 20 years ago and practiced on a regular basis for years before she became a professional yoga teacher. The style Ilse follows is the integrated approach of yoga therapy, spread by the Vivekananda organization (SVYASA). It is a gentle style of yoga which is restorative and effortless, resulting in freshness and yet leading to the same goal – a harmonious and total growth of the personality.

Join Ilse at her classes on Thursdays at 11.00 am. All levels are welcome.

