

# Brochure for Individuals

Yoga Yangchen



Do you want to **improve** your personal **well-being**?  
Then you have **come** to the **right place!!!**

In this ever changing fast-paced world more and more people are experiencing physical or mental health issues. Yoga Yangchen not just offers you yoga and meditation classes, but also a chance to improve your quality of life. With a threefold teaching approach targeting body, mind and spirit, Yoga Yangchen helps you on your journey to become a better you.



## Benefits of **yoga**

- 🌸 Increases flexibility
- 🌸 Reduces weight
- 🌸 Improves balance
- 🌸 Increases muscle strength and tone
- 🌸 Reduces stress
- 🌸 Improves immune system



## Benefits of **meditation**

- 🌸 Increases self-awareness
- 🌸 Reduces stress
- 🌸 Improves sleep quality
- 🌸 Increases patience and tolerance
- 🌸 Reduces negative emotions
- 🌸 Improves concentration



## Yoga Classes

### Something for everyone

Old or young, male or female, physically fit or not, it doesn't matter. Yoga Yangchen offers something for everyone. Are you new to yoga? Then join my easy going Hatha yoga classes for Beginners. Are you already a more avid practitioner? Then join my more challenging Ashtanga Vinyasa yoga classes for Intermediates. Whatever you choose, all classes are tailored to suit individual needs and abilities.

### Studio or at home

In Yoga Yangchen's studio you can take part in daily (except Sunday) classes as per the schedule published on my website and Facebook page.

Do you prefer to get class at home, either in private or with a small group of your friends? Yoga Yangchen offers home classes as well.

## Meditation Classes

Yoga Yangchen offers guided meditation, external gazing meditation (trataka), and deep sleep meditation (yoga nidra). Those taking Yoga Yangchen's yoga classes already will receive from time to time one or more of these meditation practices. In case you prefer to focus in full on meditation, then just contact Yoga Yangchen to learn more about the different options suited to your interests or needs.

## About Yoga Yangchen

Yoga Yangchen offers yoga and meditation practice for body, mind and spirit. As an internationally certified teacher I help improve people's well-being. With a wide range of yoga styles and meditation techniques to choose from there is something suitable for everyone. Old or young, beginner or intermediate, male or female, physically fit or not. Anyone can join the practice and improve their well-being.

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