



AGROTURISMO S'HORT DE SON CAULELLES ****

The Hatha Vinyasa Yoga sessions 60min

* The words creativity, diversity, evolution and love are very important to me as they give meaning to the vocation of they give meaning to the vocation of sharing my yoga practice with you.

* With CREATIVITY we enter into the path of connection with our body, from freedom, flowing towards from freedom, flowing into a DIVERSITY of emotional, mental and physical states with care and respect.

*Through practice we integrate these states through different sequences and rhythms.

With the help of conscious breathing, we release stress and connect with our true essence for EVOLUTION. With the help of conscious breathing, we release stress and connect with our true essence to EVOLVE harmoniously.

*None of this would be possible without LOVE for ourselves and our environment.

*Together, I propose to create a space in which we can work and align thoughts, physical body and spirit in a harmonious way will manifest in your daily life through this yoga practice.

Group Yoga Class

45 per person - 60 min per person (minimum 2 people)

Individual Yoga Class

80 € - 60 min

Cancellation policy:

Free cancellation 24 hours before the service.

If you cancel the same day or no-show 100% of the service will be charged to your account.

Book Yoga session with reception or reservations.

Contact details:

Tlf. 0034 639 855 789

Email: reservas@soncaulelles.com

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