

~ After Holidays Detox ~

~ New Year Transformation ~

Strengthen, Tone, Detox & Digest with
Yoga & Pilates Core Work



Digestive Detox – Yoga & Pilates – 9.30 – 11.30

A mini-workshop of 2 hours, focused on detoxing and digesting the system, as well as strengthening and toning the abdominals and back.

Energizing and refreshing, this will wake up body and mind, oxygenate the blood, stretch and tone the body and relieve stress and tension.

Transform Yourself in 2019 - Life Coaching Session

After the workshop, Rémi Granier, Certified Professional Co-Active Coach® (CPCC), will briefly introduce the concept of Life Coaching, with which you can:

- unlock relational, behavioral and / or emotional situations,
- develop your talent and improve your professional performance,
- bring your life to a horizon more aligned with your core values.

Those that wish, can sign up for a free 45 minute sample session (separate time from workshop).

Location & Practical Info

What to bring: yoga mat, pillow (if you want something to sit on).

Suitability: The class is suitable for all levels. Please advise of any injuries beforehand.

Time : 9.30 – 11.30

Date : Sunday, 27 January, 9.30 – 11.30

Location : Kass-Haff (next to Naturata), 187 A Rue de Luxembourg, 7540 Rollingen (15 minutes north of Auchan Kirchberg).

Parking: Free parking.

Price: 40€

Price Early Bird: 30€ (payment *received* before 13 January)

How to sign up: To reserve your place, you can bring a 10€ deposit or full payment directly to one of my Yoga or Pilates classes.

Questions:

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