

# Kundalini yoga

**Hope · Inspire · Regenerate**

Kundalini is your creative potential, your muse, your vital impetus. It is the common denominator for all forms of self-healing, inspiration and evolution. Composed of dynamic and static sequences, Kundalini yoga alternates intense and light efforts in order to work the heart, the body and the spiritual dimension of the being. It is the yoga of energy and vitality which improves, at all ages, all the internal systems of the body (muscular, nervous, lymphatic, digestive, glandular, immune ...). Allows you to regenerate mentally, to drive away stress, to refocus, and to pacify emotionally. We allow ourselves to move in a different way, breathe deeply, sing, and have the audacity to be fully aware in order to shine bright. Develops optimism, "joie de vivre" and the circulation of love.

# Kundalini Shakti Yoga

**Liberate · Soul · Purpose**

Partner with the Goddesses of Yoga to embody your most meaningful and joyful life!

No more looking for YOUR purpose in other people's traumas and dramas. No one but YOU can make the choice to come back to yourself. But it helps to have gorgeous, all-powerful, and always available archetypes hold your hand as you walk that path.

The Goddesses of Yoga are all aspects of the great Cosmic Mother energy called Shakti. Shakti represents the feminine pole of the cosmic whole, the Mother, the one with whom anyone can have an intimate, unmediated, primordial relationship. No need for an external, dogmatic guru, with all the dangers this represents. This is a practice to (re)connect to your own inner resources, your power, your purpose, and your Joy.

Each class combines a powerful physical workout, a deepening of your relationship to your soul, and an opportunity to reflect on where you want to follow your bliss.

Embark with me on this Kundalini Goddess Activation Journey and learn to say NO to the double binds of society so that you can say YES to knowing yourself. When you know yourself, you find your potential, your purpose, and your people!

# Yin yoga

**Stretch · Relax · Just be**

Gentle yet deep, Yin Yoga aims to restore the natural harmony of body and mind by deep relaxation and stimulation of energy flow. We slow down, we breathe, we stretch, we let go to improve flexibility, strengthen connective tissues (tendons and ligaments) and provide a feeling of deep calm.

Accessible to all body types and states of health.

