

AIYASHA YOGA

With the yoga greeting “Namaste”, we bow to each other. The idea behind this is that the core of each of our beings is divine in nature. We put our palms together, close to the heart, and bow our heads slightly. A gesture with a deep symbolic meaning, signifying calmness and the act of collecting oneself. The two hands represent opposing principles such as the male and the female, the spiritual and the physical. Placed together in this way, our hands unite the opposing elements – including those that dwell within us.

AIYASHA YOGA trains our self-awareness, step by step. We learn to respect our own selves and to grow in-ternally, from the heart. The aims of AIYASHA YOGA are harmony, unity and beauty in their deepest and most fundamental senses. It teaches us to love life. And this is also the meaning behind the name AIYASHA, which was created from the Chinese word “ai”, which means love, and the Arabian word “ajasha”, meaning life.

Yoga is beneficial. For yoga affects the body and the spirit. It is this which makes yoga so unique among all the different forms of physical activity. It relaxes, strengthens and stretches the muscles, firms the tissue and balances out incorrect postures. When doing yoga, we consciously focus on deep breathing – something we frequently neglect in everyday life. When we breathe more deeply, the brain is supplied more effectively with oxygen. We boost our vitality and energy and improve our powers of concentration.

AIYASHA YOGA unites traditional yoga with modern-day scientific findings. Our qualified yoga teachers, who also have experience with medical rehabilitation and prevention, work individually – adapting fully to the constitutions and needs of their students. AIYASHA YOGA is only available in the form of personal training for no more than three persons.

AIYASHA YOGA MODULE

Yoga can achieve so many things. And that is why we offer you the chance to decide what to focus on. It all depends on what you would like to achieve through yoga. We will also adapt the asana programme to your needs within the module you select.

DETOXIFYING YOGA

Detoxifying Yoga aims at the elimination of toxins, at cleansing and weight reduction. Mobilising and twisting poses stimulate the metabolism and activate a purging response in the organs. The body becomes more attuned to orientation and alignment in the spatial realm. On a spiritual level, Detoxifying Yoga lends clarity. It helps us to let go of the old, and create space for the new and ultimately achieve serenity.

ANTI-AGING YOGA

We stimulate the circulation and muscle tone, strengthen and firm the connective tissue and train the balance and posture. The alternation between tension and relaxation – and the moments in which we feel this – sharpen our senses of dimension and proportion, inducing a state of harmony and balance.

Anti-Aging Yoga makes the basic principle of each yoga posture (asana) tangible: “stiram-sukham” – firm and pleasant. At a spiritual level, we reach a state of stability and firmness, as well as lightness and well-being.

ENERGISING YOGA

This yoga lesson boosts energy levels, stamina and coordination. We perform dynamic asanas in harmony with our breathing. Dynamism creates power, a major prerequisite for our static strength. Energising Yoga works together with the ha-tha energies on both a physical and spiritual level. The polar principle is the basis for all life: sun-moon, yin-yang, ha-tha. Energising Yoga balances the polarising energies: we are in a state of equilibrium and can mobilise our resources.

CALMING YOGA

We practice yoga in a state of concentration. Using aids such as straps, blocks and shoulder-stand benches, we deepen asanas which teach us attentiveness and awareness. Through targeted tensing and relaxing, we become receptive to calmness and our mood is brightened. Calming Yoga means concentration. We put all our usual distractions behind us and distance ourselves from them. We find our centre and, through serenity, we find the courage and the peace to experience ourselves in a new way.

AIYASHA YOGA SESSIONS

Be it Detoxifying, Anti-Aging, Energizing or Calming Yoga – each of our sessions is structured in two parts: first the yoga rituals, then the yoga elementt

AIYASHA YOGA RITUALS

The rituals make it easier for us to leave everyday concerns behind at the beginning of a yoga session. They aid concentration and relaxation. The yoga teachers accompany their students on a journey of the senses, through sounds, scents, touches, colours...

With the Pranayama – yoga breathing exercises – we prepare ourselves for the asanas of the respective module. Conscious breathing generates attentiveness and concentration and helps us to avoid doing the exercises in a purely mechanical way. People who learn to control their breathing can also control their inner vital force.

AIYASHA YOGA ELEMENTS

Each AIYASHA YOGA teacher is able to provide instruction in all the different yoga modules. He or she will compile the elements – the asanas – in a new way for each of them. The needs of the students, their levels and their conditions on the day form the basis for the yoga lessons. As a result, AIYASHA YOGA is ideally suited to every student.

AIYASHA YOGA PRICES

Each session lasts 60 minutes.

Single person 90 euros

Two people 120 euros

Group of three (per head) 50 euros

Each AIYASHA YOGA session can be perfectly combined with a spa treatment to optimise the results. Ask us to compile the ideal package for you.