

## Yoga practice

*Maybe you've already practiced yoga in a studio or done exercises yourself at home.*

*Your yoga practice with me will be a little different*

*because it will only be tailored to you and your constitution.*

*Half of your therapy consists of Ayurvedic and the other half of your therapy*

*consists of physical, i.e. yoga.*

*Yoga serves to promote your health and of course to maintain it.*

*To ensure this, we will include your constitution.*

*The aim is to compensate for a previously determined imbalance*

*with exercises that are tailored to you.*

*My aim is to work with you to develop, promote and maintain a stable self.*

*With the therapy it will be easier for you to do yoga yourself at home,*

*to listen better to your body and thus to stimulate your self-healing.*