



EUROPEAN YOGA INSTITUTE

Happiness Yoga Program

The Path to a stress free body, a mind free of worries, and a heart free of sadness.

Yoga asanas that have been practiced for centuries, integrated with wisdom from ancient scriptures, are brought to you in a format that would help you to improve the quality of daily living.

For my body

- Improves flexibility, revitalizes internal organs
- Strengthens muscles and bones
- Improves posture and body alignment
- Improves digestion, circulation and immunity
- Increases energy

For my mind

- Reduces Stress and calms the mind
- Enhances memory
- Possitive thoughts and Emotion☺

Happiness in your mind (Answer this simple question)

Are you having a good day or bad day? Why you are having a good or bad day?

Are you trying to get rid of unwanted thought?

Please sign up to learn simple tools to relax and meditate, Simple technique to free your mind.

A 10-hour program designed to make yoga fun to learn. The pure and authentic form of yoga postures with revitalizing pranayama and kapalbhati breathing exercise. Beginners to intense, exciting, hardworking, effective, you stretch, you laugh, you sweat, you do more for body and mind

Where- The Spa at Steigenberger Frankfurter Hof

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