

YOGA JOHANNE HAARI / VISSOIE

Yoga Classes - Workshops

Yoga classes suitable for all, with or without experience.

The classes aim to find a balance between strength, flexibility, breathing and relaxation, so that body and mind are revitalised. Various exercises are performed so that students become aware of their body and breathing, and understand the postures; this is followed by the dynamic practice of Ashtanga Vinyasa yoga, performing a flowing sequence of postures.

The classes are given by Johanne Haari, a professional dancer who has trained in Ashtanga Vinyasa yoga in Paris, and in hormone yoga therapy. She also organises dance and yoga workshops on Saturdays and gives private yoga classes on request.

Features

- Type of service: Yoga

CONTACT

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Description

- Graduate of the Sciences of Education

Services

- Morning and evening courses
- Workshops over one week or on Saturday morning in Vissoie or in different villages of Anniviers.

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