



A brief overview of Yoga

Yoga helps you reach your greatest potential with good health and a good mind frame. By taking care of your mind-body relationship through Yoga, one is able to improve one's quality of one's life. Yoga constitutes physical wellness, emotional stability, mental health, social cohesion and spiritual contentment.

This experience is lead, by Nickiel, who integrates a healing and rejuvenative process towards your overall well-being. He understands the core importance of the practise which is most beneficial to his students.



Nickiel has practised Yoga with many Yogis learning various types and styles such as Hatha, Kundalini, Divya etc. He's vast experience has lead to a well-rounded and simply phenomenal practise.

The aspects of Yoga:

YAMA and NIYAMA: taking care of yourself, honesty, contentment and appreciation, self-discovery...

ASANAS: physical postures- what people refer to as the 'exercise' part.

PRANAYAMA: breath control

PRATYAHARA: control of senses

DHARANA: concentration

DHYANA: meditation

SAMADHI: blissfulness

Come and join an easy going, motivating and enjoyable Yoga class. Bring a yoga mat/ towel.



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