

WELLNESS YOGA - PRAGUE YOGA FOR YOUR RETREAT EVERY DAY FOR THE WHOLE FAMILY

Wellness Yoga studio offers a wide variety for the whole community. Prenatal and moms with their little sweethearts, kids and teens, as well as adults and elderly people. Pilates will be introduced as well as many interesting workshops and seminars, not only for adults, but for kids and their parents as well. Wellness Yoga offers variety in different styles of Yoga - Hatha, Kundalini, Vinyasa, Yin Yoga and assorted other teaching methods. All classes have in common individual approaches of experienced, compassionate and dedicated teachers who are happy to lead you through the Art of Yoga.

Mats and props available in the studio for the usage of all students. There is no need to pre-register unless mentioned otherwise in the schedule - morning classes, Yoga mom and Buddha baby, Kids yoga. Just drop-in and go yogi!

Whether you are a frequent student or newcomer, curious or seriously involved, this is place to find your RETREAT. {smoothgallery
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Wellness Yoga studio will prepare in near future an on-line library that will be available for people with prepaid cards. Possibility to buy new mats or props is happen in near future . Have a cup of tea and a snack after class and share your experiences with others. Yoga Journal magazines are available for reading in the studio.

I will be happy to hear your comments. Please leave your thoughts in the book of comments in the studio or write at *info AT wellnessyoga.cz*

Yoga and I

I have been dedicated to Yoga and Ayurveda for many years. What is Yoga for me? Just what it is and shall be for all. Life. Spiritual path. Beautiful and non-conflicting way of life. Yoga teaches us to learn and understand ourselves with humbleness and respect and encouraging us to make changes.

Yet, no change happens immediately. The More beautiful the feeling and gratitude you pay to yourself, after reaching your goal, the stronger the mental harmony and physical comfort you will feel.

Part of the philosophy of yoga is that we can't always change the world around us. No matter what we do, bad things will happen and stressful situations will arise. The only thing we have control over—the only thing we can change—is ourselves. We can decide how to react to situations that challenge us. Will we allow them to throw us off-center, or will we take them in stride? Yoga teaches us how to respond to stress with calmness. We must experience the physical challenge of the postures without fear, and use deep, calm breaths to move through them. If we can take that lesson off the mat and into our daily lives, we will move closer to the goal of responding to stress in a careful and considered way.

Wellness Yoga offers a blend of eastern philosophy and western culture. Through understanding today's uneasy life and need of physical activity as well as relaxation and meditation, Wellness Yoga brings resilience into our lives.



