



"Sanne is a creative yoga teacher with a lot of interest in developing awareness of herself and her students. In her lessons, Sanne works from her conscious mind, green heart, free spirit, scientific brain and loving soul. Her lessons are loving, powerful and stimulating."



€ 20,-
per lesson
per person

YOGA

PILATES

MEDITATION

Yin Yoga

Yin Yoga is a very quiet yoga form that mainly involves sitting and lying postures. Rather than actively contracting your muscles, yin yoga focuses on releasing tension and accepting where you are. Each pose is a meditation. A beautiful lesson to relax and see what is going on inside you.

Pilates

Pilates is a workout that emphasizes deep muscles, flexibility, balance, coordination, and good posture. Subsequently, various floor exercises are used to strengthen the deeper abdominal and back muscles (postural muscles). You train at your own level and pace, combined with your own breathing. A wonderful lesson to train in a gentle way during your holiday!

Vinyasa Yoga

This class is an active flow of different postures based on the movement of your own breathing. It is inspired by ancient and modern rituals. Through physical practice you gain balance, your consciousness is further developed, you will feel powerful and more flexible. Start your day with a good feeling ("the yoga glow").

Meditation

Meditation is a method for training your consciousness. You turn your attention inward, away from everything around you. There are many ways to meditate and many reasons to do so. To relax, to connect with yourself, but the main reason is to experience more peace and balance. We start to consciously respond to things going on in our lives, instead of responding to the constant flow of stimuli around you.



1. We require a minimum of 2 participants per lesson.
2. Lesson duration is 1 hour (45 min for meditation).
3. Lessons are available in English, Dutch and Italian.
4. Listings and prices are subject to change.