

NAMASTA YOGA



YOUR INTERNATIONALLY CERTIFIED YOGA INSTRUCTOR

[HTTPS://WWW.NAMASTA-YOGA.COM/](https://www.namasta-yoga.com/)



Namasta Yoga



PRACTICE YOGA

A complete relaxation experience for your customers

I am offering you a top-of-the-line experience with personalized session adapted to your needs. Adding yoga to your well-being during your holidays will allow you to have an even more relaxing stay and leave with a lasting sense of well-being. I am creating active or passive yoga session in English or French tailor made for your needs.



Namasta Yoga



CHOOSE YOUR PRACTICE

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Namasta Yoga

My name is Nastasia Gibert, I am a yoga alliance certified yoga instructor with more than 3 years teaching experience. I have been on my spiritual journey with yoga for more than 10 years now. I am truly passionate about yoga, psychology, and other trauma-healing technics. I am currently teaching around the world with different hotels, retreats or surf camps. I have the chance to introduce people from all around the world to the beautiful practice of yoga and provide them effective technics to help them on their self-realization journey, their stress management or to holistically improve their life quality



MY STORY

My true purpose is to help provide an active solution for the people that wish to reconnect with themselves for a better life. I use different knowledge: Active or passive yoga with philosophy knowledge . Active or passive practices of meditation and breath, as well as introducing people to different active integrated therapy technics.



THE OPTIONS



Private Classes

50 €

Private classes are specifically designed for your needs and expectations, whether you are beginners or simply wish to improve your practice. Additionally, classes are focused on solving specific issues in their lives such as high level of stress, emotional accumulation or any other type of physical discomfort. Private sessions are usually 75 minutes classes (adaptable).



Group Classes

15 € PER PERSON

Group classes are available depending on schedule. The practice is accessible to any level as options are given on the poses. All types of yoga are available for the group classes.



Mindfulness activities

ON DEMAND

Different activities involving discovering the area and some mindful activities. Learning breathwork in movement, active and passive meditation in the nature, yoga flow with a view (sunset or sunrise).

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VINYASA YOGA



Vinyasa is an **active flowing yoga practice** that helps build overall **strength and flexibility**. It is a creative form of yoga where poses are linked together with the breath in a **flowing sequence**.

The practice starts with a **breathwork**, then a **meditation time**. After a short **warm up** we will practice few **sun salutations** and include an **active flow** that mixes **flexibility, strength** and **flowy movements**. Afterwards, some **stability** works follows to finish with **deep flexibility** poses on the ground and finish by a **deep relaxation**.

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YIN YOGA

Yin yoga is a **slow-paced** more **meditative style** of yoga, incorporating principles of traditional chines medicine with asanas that are held for long period of time. It allows a **deep stretching** of the body and helps **releasing tension**.

Yin yoga can be a very **emotional practice** as we are working on the deep tissues/ fascia where we are often storing our emotional traumas.

This is why every session will start with a **discussion** around emotions, the stress of life and philosophy of yoga. During the practice we will be using different support to allow **the body to release the tension**. We will be holding the pose from 3 to 10 minute to effectively **increase the flexibility** and the **relaxation**.



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MEDITATION & BREATHWORK



Meditation allows the true connection with the self. It provide a sense of calm and reduce the overthinking pattern, therefore it allows to **reduce the stress** and anxiety. It promotes **emotional wellbeing, improve sleep** and efficiently **reduce depression** symptoms.

With more than **200 technics** passive or active, simply try to find the right one.

Breathwork is one of the most **powerful practice** of yoga. It allow to **connect** deeply **with the body and the soul**. Breath work **increase lungs capacity**, improve **vascular system** and effectively **calm the mind**.

Certain breathwork can also play an active role in **healing trauma response** and **release emotions**



MINDFULNESS ACTIVITIES

01

Guided **walking meditation** and **mindful sharing** circle conversation about current life problematic. Then introducing **active art therapy** and **yoga** tools to use regularly. The tools are practiced during the session and explained for more autonomous use.

02

Special couple workshop, Boat Excursion to **Cezembre**. Reconnection, trust and sharing exercises around yoga and different active therapies for non-violent communication and conflict management in the everyday life

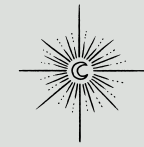
03

Outdoor yoga for sunrise or sunset. **Yoga in the nature** with full equipment.

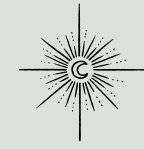




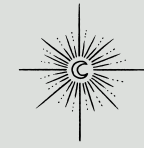
WANT TO WORK TOGETHER
CONTACT ME



Nastasia Gibert



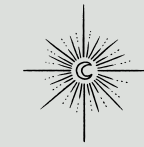
+33 (0)6 61 76 38 48



namastayoga@outlook.com



<https://www.namasta-yoga.com/>



 [namasta.yoga](https://www.instagram.com/namasta.yoga)

"YOGA IS THE RESOLUTION OF THE
AGITATION OF THE MIND"

—THE YOGA SUTRAS OF PATANJALI 1:2—