

## FidazerHof Yoga privatlesson with Sanjay Vyas

2024



### **Strengthen your inner power with a private yoga lesson**

Expand your yoga knowledge with a private lesson with our yoga master Sanjay Vyas. Tailored to your needs, you will expand your skills in yoga, pranayama and the sequence of the Five Tibetans (Five Body Exercises) and meditation.

#### **About the person:**

Growing up in Rishikesh Himalaya, the birthplace of yoga, Sanjay is deeply connected to the traditions of yoga. The place is considered the origin of traditional yoga.

Sanjay has dedicated his entire life to practicing and teaching inner balance.

The gentle, therapeutic and at the same time challenging teaching of Hatha Yoga, can be enjoyed with Sanjay Vyas at the FidazerHof.

Appointment on request at +41 81 920 90 10 or [info@fidazerhof.ch](mailto:info@fidazerhof.ch)

CHF 140.00

**Relaxation and enjoyment for body, mind and palate**

