

DARIA MNYCH YOGA

A MONTHLY EMAIL NEWSLETTER

ABOUT YOGA, MEDITATION & SELF-CARE

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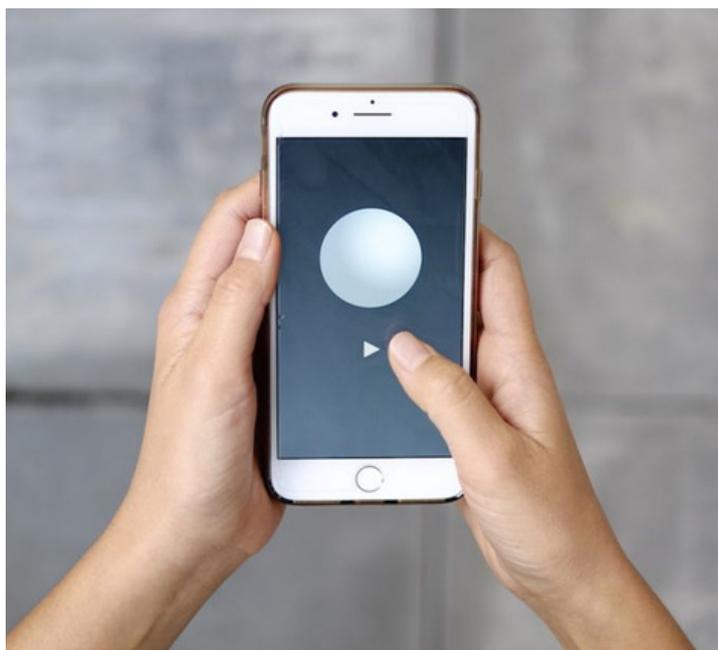


WHAT'S NEW ABOUT YOGA?

Eddie Stern is a well known yoga teacher, author, and lecturer based in New York City. He is known for his multi-disciplinary approach to furthering education and access to yoga, as well as his teaching expertise in Astanga Yoga. His approach combines the ancient philosophy and practices of yoga with a modern, scientific understanding of the neurophysiological mechanisms that make yoga work.

Eddie will be teaching on Sunday 26th and Monday 27th of May at Delight Yoga Amsterdam.

Read more here: [Delight Yoga](#)



HEALTHY BREATHING = HEALTHY BODY WITH THE BREATHING APP (FREE)

About Resonance

The effects of resonance support the innate ability of our body, nervous system, and emotions to restore themselves through the balancing of the complementary branches of our autonomic nervous system, which control our heart rate, blood pressure, digestion, respiration, and many other automatic functions of the body.

There have been hundreds of scientific studies performed on resonant breathing, which show a wide array of benefits, including reduction of inflammation, reduction of stress, improved sleep, improved resiliency, and strengthening of cardiovascular function.

Read more here: [iTunes](#)



ENDLESS SUMMER

Enjoy a week in beautiful Greece with Yoga and Self-Care on the Southern coast of Paros, where you will discover the calming seaside, green mountains and delicious Mediterranean food.

This vacation is open to all levels and ages. With two Yoga classes of varying styles per day and a special workshop you can deepen your practice and develop a Self-Care routine, which will carry you through the ups and downs of life.

During the 2 Self-Care workshops – on how to apply simple yogic techniques for health and wellness – you will learn how to develop your own yogic practices at home on a daily base. The techniques are all easy applicable and you will be able to experience the effects and choose those techniques, which suit you best.

What?

2 all level Yoga classes offered per day, open to students with all levels of experience

A range of Yoga styles and practices including: Hatha, Vinyasa Flow, Yoga Nidra, Breathwork and Meditation

2 Self-Care workshops on how to apply simple yogic techniques for health and wellness

Seven nights accommodation at a family style hotel with a pool & beaches at walking distance

A daily buffet breakfast

A boat trip, (light food as salads and fruit included) with a possibility to snorkel

Free time to explore local cuisine and typical Greek taverns, nature and seaside

When?

Saturday 5th – Saturday 12th October 2019

Where?

Aliki Panorama Hotel is a small cozy hotel completely renovated in 2019 and located on the beautiful island Paros, Greece.

With Whom?

Run by Olga Galabova and myself, you will have the benefit of two experienced yoga teachers guiding you through your daily practice. We each bring our own authentic styles but are united by the belief that yoga is there to be practiced by everyone and we always ensure our students enjoy their classes no matter what level of experience they have.

Read more here: [Yoga & Self-Care Vacation](#)