

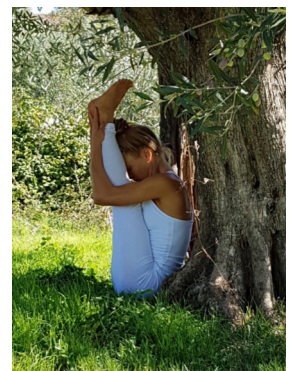
terra
selvatica
la passione per la natura

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Yoga – program 2018

By Pamina Fuchs, our wonderful Yogini.
Pamina teaches Anahata Yoga, an integrative form of Hatha Yoga, und Kundalini Yoga. With great clarity and intuition she is leading her workshops. Experiences and being in Nature are part of all her courses and her credo is “to live yoga”.

www.anahatayogalife.com



Detox and purification

Spring-awareness-week

Leave the old behind and open for new energies

17th – 24th March

Couples' retreat

The four dimensions of love

19th – 26th May

the wild one

Discover, re-alive and integrate your wild and untamed being

With Pamina und Patricia

Yoga and more

2nd – 9th September

Time of abundance „I am“

Yoga and culinary delights

Celebrate the inner richness

9th - 16th September