

# **ALL YOU NEED IS SELF-LOVE**

***FALLING IN LOVE WITH YOUR YOGA PRACTICE  
AND YOURSELF***

**Yoga with Juliette**

**Saturday 13<sup>th</sup> February**

**1500-1730, Temple du Yoga**

**CHF30, in English, all levels**



**Reserve at [juliette@julietteyoga.org](mailto:juliette@julietteyoga.org)**

***A mindful, heartfelt & therapeutic vinyasa yoga workshop with Juliette exploring the cultivation of 'loving kindness' (metta karuna), firstly to self with a practice from the heart, to observe & soften our reactions and attitude in asana we will build towards a soft, accepting compassion through a metta karuna meditation, finishing with a mindful open heart ready to bring the practice of compassion off the mat, into our lives.***