

# YOGA IN ENGLISH



in all my yoga courses I do either bilingual teaching in english and swiss german or just in english if everyone in the class does understand english. I have been living abroad for more than 12 years. teaching yoga in english feels very familiar to me. so all english speaking persons are invited to join my yoga classes.

I have been working as a yoga teacher for 25 years. in combination to that I have a private practice as a psychotherapist. I also teach hatha yoga and meditation in teacher training courses in switzerland (ausbildungsschule lotos, basel & zürich) and germany.

in my yoga classes the inner techniques of yoga like pranayama and meditation practices play an important role. yoga is a holistic approach that encompasses inner and outer work on our body, mind and soul.

through the poses (asana) the physical and the mental are balanced. through breathing techniques the energy body is harmonized. concentration - and meditation techniques teach us being present in this very moment. they support us to cultivate our heartmind and facilitate the exploring of our inner landscape.

curious? for the different yoga classes check our homepage [www.yogakurse.ch](http://www.yogakurse.ch)

for more information please call 061 261 61 21  
or send me a mail to [barbaraburkhardt@bluewin.ch](mailto:barbaraburkhardt@bluewin.ch).