



## Studio Nia - Art of Moves

### Extra Yoga sessie met gastdocente Noel Van Noel Yoga Therapy Thema: Stress release



#### About me:

My name is Noel. I am an international Yoga Teacher and Yoga Therapist Alliance Registered with over 700 hrs of instruction. My dharma is to help people through my experience of yoga.

I have travelled extensively, organizing spiritual retreats and sharing my passion for health helping others through Yoga Therapy.

Receiving my Alliance International Diploma for Hatha Classical Yoga Therapy belonging to the teaching system as taught at Kaivalyadham Yoga Research Institute in Mumbai, India.

This institute has a strong emphasis in spiritual development specializing in the medical and scientific investigation into Yoga and is officially recognized as a research institute by the government of India.

Donderdag 13 juli

Aanvang 10.00 uur ( 75 min. )

**Aanmelden: [irina\\_anisimova@live.nl](mailto:irina_anisimova@live.nl)**

De les zal worden gegeven in het Engels

**Entree:**

