



HathaYoga

with Mahadevi

Discover a new energy through body tone, breath and relaxation.

Women's Semi-Private Classes

Tuesday 16h45-17h45

Thursday 09h30-11h00

DareToGlowStudio

21bis, rue de la Navigation
Paquis, Geneva

Information & Inscriptions

Studio +41 22 566 88 99
Mahadevi +33 6 8948 0185
yoga@daretoglow.com
daretoglow.com



About Mahadevi

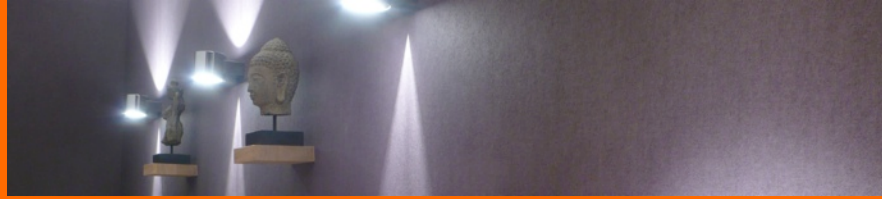
Mahadevi (Odile Wehrli) has been practicing yoga since 1984 in centres and ashrams, in London, India and Canada. She has a Diploma of Sivadanda, and has been teaching yoga since 1995. Due to her life of traveling, she has had the opportunity to create yoga groups in several countries: Cambodia, Croatia and Jordan. At present, she teaches in France and in Switzerland. Eager to learn more she regularly follows courses and training in different yoga methods such as that of B.K.Iyengar, Sri Sri Satchdananda, and Jivamukti. She has a second diploma in Vinyasa-yoga, and she continues the advanced formation. As a result of this her education is always becoming richer in precise techniques and in the feeling of yoga practice.

Her method at the same time dynamic and meditative, aims at going towards a better knowledge of yourself.

In every lesson, she offers the possibility of harmonizing the body, the mind and breath by creating relaxation in the dynamic through breath. This results in a better circulation of energy. The notion of respect remains the pillar in the practice; hence, you learn to become your own best friend by realizing yourself in the inner consciousness.

Her ambition is to pass on the message that she received through her experiences and she wishes to share with you these moments of peace.

Visit: <http://mahadevi-odile.com>



About DareToGlow Studio

Dare to Glow is a personal development company for women that integrates Body, Identity and Image as key elements for Self-Mastery. Founded in Geneva in 2008 by Carolina Rodriguez Barros, in 2012 Dare to Glow opens its Loft & Studio in the heart of Paquis. Exquisite contemporary design mixed with raw materials is the ambience where you are invited to unleash your creativity and connect with your Self.

To Glow is being in harmony with the world and knowing who you really are, walking one's chosen life path and sharing your best light...



DareToGlow.com

Regular Classes - Maximum 12 women
Tuesdays 16h45 to 17h45
Thursdays 09h30 to 11h00

Here below you will find directions and information

Location:

Dare to Glow Studio - 21bis, rue de la Navigation, code: 2134E.

Parking nearby: Cornavin, Des Alpes, Kempinsky Hotel

Tram/Bus Stops: Mole, Navigation

Studio Reference:

The Studio is on the basement - Upon your registration a new code will be sent to you.

Facilities:

Please take of your shoes before entering the Studio. There are 2 beautiful purple showers and a big make-up mirror! Just bring your towel if you wish to take a shower after the class!

There will be water to drink during the class. **It is very important to keep yourself hydrated.**

Starting Time*:

Please note that all classes will start SHARP on time- please allow time to get ready if you need to change clothes.

We have a lot to share and to learn!

Contact

In case you need anything, please contact

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