

# Mara Yoga

thoughtful yoga practice

Through mindful physical exercises, accompanied by conscious breathing techniques and meditating to achieve self-reflection, we embark on a journey of self-discovery. The self becomes clearer and we have a better understanding of how we can minimise our suffering. We learn how to be flexible, both on and off the yoga mat, to keep us from breaking. Treating ourselves with kindness opens up our hearts and lets us approach life's challenges with greater peace. Mindfulness enables us to draw wisdom from our experiences on our journey through life. This creates positive change – both inside us and around us.



## About me

I have been practising yoga since 2015. I learned from my wonderful yoga instructors Jenny and Igor ([thejewelofyoga.com](http://thejewelofyoga.com)), who I return to time and time again.

I don't follow any specific style of yoga or any single guru. Instead, I always remain curious and continue to learn. Sanskrit and chanting are not part of my teaching style. I do not worship any gods, but I do respect and hold ancient wisdom in high esteem.

## Current classes

From June 2024 - every Wednesday, 7:15-8:15 pm.

Where: Studio Yogabriel ([yogabriel.ch](http://yogabriel.ch)), Beethovenstr. 49 / 4th floor, 8002 Zurich

Registration: e-mail or WhatsApp/text

Prices: single class CHF 25, 10-class subscription CHF 230 (cash or TWINT)

I mainly teach in English and German: my first language is German. Off the yoga mat, I also speak very good French and Croatian.

## Contact

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Find out more about me by visiting [mara-yoga.com](http://mara-yoga.com)

