



# YOGALISA

Hello, I'm Lisa, and I'm a certified yoga teacher. My yoga journey started seven years ago and it wasn't long before I felt a strong desire to take my practice deeper and share the profound teachings I've uncovered along the way with others.



**„The mind is like the wind and the body is like the sand: if you want to know how the wind is blowing, you can look at the sand.“  
- Bonnie Bainbridge Cohen**

## Yoga for everybody

A space where everyone, regardless of their background, abilities, or experience, feels welcome. Yoga is for everybody and every body - no prerequisites, no expectations.

## Vinyasa Yoga

Vinyasa yoga is a dynamic and fluid style of yoga that focuses on the harmony between movement and breath. The breath becomes your anchor, guiding you through the practice and helping you find a sense of stillness within.

## Hands-on assists

Providing hands-on assistance and gentle corrections. I'm here to help you adapt according to your unique body and your needs at that moment.

Every Wednesday  
17:45 - 19:00

Studio Yogabriel  
Beethovenstrasse 49, 8002 Zurich

Single Class: 30 CHF  
10 Classes Abo: 270 CHF  
Cash or TWINT

Registration through e-mail  
or WhatsApp

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