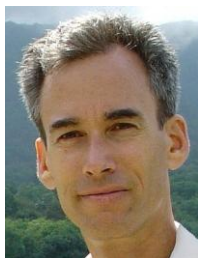


PRINCIPAL INSTRUCTORS



Denise PESCH

Founder of Yoga Centre - La Source
Co-founder of Lux. yoga federation
Yoga Teacher since 1984
Ashtanga Yoga - Pattabhi Jois
Institute of BKS Iyengar - Paris
Certified Sivananda Yoga Teacher
Certified in Touch-for-Health®
Applied Kinesiology – I.F.K.A.
Brain Gym - The Belgian Institute
of Kinesiology, Brussels
REIKI – Master/Teacher



Fredric BENDER

Practicing Yoga since 1986
Certified Sivananda Yoga Teacher
Certified in advanced circulatory,
Lymphatic, and deep-tissue massage
Certified Trager® Practitioner
REIKI Practitioner - 3rd degree
Additional studies: Pregnancy
massage, Thai massage, lomi-lomi,
Cranial-sacral work

What People Say...

"I have so enjoyed the classes over the past years and would like to thank you for the wonderful introduction you have given me to the world of yoga as well as for all your teachings."

"I'm particularly impressed at how "Opening to the Self" goes right to the heart of the matter and how the energy exercises and flower remedies bring about such positive effects."

"I've had massages before, but what Fredric does is an art."

"Denise and Fredric always make me feel completely at-ease with their range of skills and professional manner. I consider them both important contributors to natural healing here in Luxembourg."

CLASSICAL & DEEP-TISSUE MASSAGE

A warm, full-body, holistic oil massage that starts with gentle and enveloping strokes to calm the nervous system and to free the superficial musculature. Blood and lymph circulation are greatly enhanced. Deep-tissue techniques may be employed to open up areas responsible for chronic pain and restricted range-of-motion. You'll feel a definite change and a deep sense of relaxation after each session.



TRAGER® MASSAGE

Trager® Massage uses gentle wave-like movements to awaken one's consciousness to the naturally light, easy, and fluid rhythms of the body.



LYMPHATIC MASSAGE

The lymphatic system aids the body's auto-immune response to disease. The massage technician uses slow, gentle strokes with a rhythmic pumping action to facilitate the flow of lymph, accelerating detoxification and inducing a deep, relaxing calm.



PREGNANCY MASSAGE

...focuses on the needs of the mother-to-be as her body goes through the dramatic changes of the childbirth experience. The massage helps to relieve stress on weight-bearing joints such as ankles, low back and pelvis as well as alleviates neck and back pain caused by muscle imbalance.



Centre de Yoga La Source



**Toward a radiant life
of happiness and peace...**

**Walferdange
Bereldange
Luxembourg**

**With a serious commitment, the
opportunity is there to reach the full
potential of life.**

Centre de Yoga – La Source
25, rue Josy Welter
Walferdange
Tel: 33.34.19
www.yoga.lu



When body, mind, and spirit are in harmony and union, we can live our daily life lightly and joyfully. All life's challenges become blessings which help us grow, mature, and become human *beings* rather than human *doers*.

At **Centre de Yoga - La Source**, we offer several modalities that bring an improvement of life and harmonization on the physical, mental, and spiritual planes. They are: (1) a constant and regular practice of **Yoga**, comprising beneficial postures, pranayama (control of the vital energy by proper respiration), meditation and relaxation; (2) a personal development at the energetic and emotional levels - "**Opening to the Self**" (Touch-for-Health, Brain-Gym, Flower Remedies, Reiki); (3) different **Relaxation Massages**; (4) an "un-learning" of inadequate body patterns and an opening of the body and spirit through the **Trager Approach**® to Psycho-Physical Integration.



ASHTANGA YOGA

This method is composed of a series of flowing and heat-generating postures (asanas) connected by sustained conscious breathing (ujjai), a focus (drishti), and specific contractions (bandhas) to direct vital energy all throughout the body.

SIVANANDA YOGA

Sivananda classes include a sequence of 12 basic postures along with pranayama and meditation. The sequence is balanced and methodical with relaxation between postures to allow the absorption of vital energy from each posture.

YOGA FOR THE BACK

This slow, gentle and focused class lengthens and strengthens all important muscles responsible for maintaining a healthy, vital back while taking time to consciously release all muscular tension between the yoga postures.

HORMONE YOGA

Hormone Yoga as developed by Dinah Rodriguez specifically serves all women who approach or are in their menopausal cycle with its specific symptoms such as heat waves, weight problems, dryness of skin and mucus, hair loss, decrease or lack of libido as well as emotional fluctuations, over-sensitivity, nervousness, moodiness, and memory loss.

PREGNANCY YOGA (Ind/Group)

Tune in toward your baby, free yourself from the fear of the unknown, learn to visualize a positive birthing experience, and bring the baby into the world with joy and serenity.

Stage 1 (14th-32th week): Thurs 19:00 - 20:00

Stage 2 (28th-40th week): Wed 10:15 - 11:15

BREATHING, RELAXATION & MEDITATION

Breathing exercises affect the flow of energy through body and mind. Concentration, mudras, visualisation, and relaxation help us to develop deep awareness and to reach meditation. Happiness and serenity are the outcome.

OPENING TO THE SELF Individual Sessions

Step away from complications, heaviness, and confusion. Don't be content with just enough. Access joy by taking life entirely in hand. Be honest, love yourself, and live with a smile in simplicity. Life is worth being lived fully in harmony with yourself and your environment. Only then, will you be ready to say "yes" to all the challenges that enable you to grow.

During the individual sessions, dowsing is used to dialogue directly with that part of us which *knows*. Tools used during the session include **jnana yoga** (the yoga of self-reflection), **positive affirmations**, along with:

TOUCH-FOR-HEALTH & BRAIN-GYM

To alleviate physical, emotional, and mental stress by techniques of 3-dimensional brain integration - organization, focus, concentration, and improving the general mechanism of learning.

FLOWER REMEDIES - (Bach, Alaskan, Californian, Hawaiian, Himalayan, etc.)

A great tool to balance body, soul, and spirit.

REIKI

To channel the universal life force for full mental and physical health. (Reiki Initiation - all degrees possible, 1-on-1 only)



**Centre-ville Location 1
18 rue Louvigny, 1st floor**

Monday: 12:15-13:30 Ashtanga Yoga

Friday: 12:15-13:30 Sivananda Yoga

**Centre-ville Location 2
Konviktsgaard – 11 ave Marie-Thérèse**

Tuesday: 19:00-20:30 Ashtanga Yoga

Wednesday: 18:30-20:00 Sivananda Yoga
20:00-21:30 Ashtanga Yoga

**Centre-ville Location 3
Ste Elisabeth – 19 ave Emile Reuter**

Monday: 18:30-19:55 Sivananda Yoga
20:05-21:30 Yoga-for-the-Back

**Bereldange Location
Haus Am Becheler – 15a, am Becheler**

Monday: 19:30-21:30 2-hr Total Ashtanga

Tuesday: 18:30-20:00 Sivananda Yoga
20:00-21:30 Sivananda Yoga

Thursday: 19:00-20:00 Pregnancy Yoga
20:00-21:30 Yoga for Women

**Walferdange Location
La Source – 25, rue Josy Welter**

Monday: 9:30-11:00 Sivananda Yoga
18:30-19:45 Yoga-for-the-Back
19:45-21:15 Sivananda Yoga

Tuesday: 9:45-11:00 Yoga-for-the-Back

Wednesday: 10:15-11:15 Pregnancy Yoga
19:00-20:15 Sivananda Yoga

Thursday: 9:45-11:15 Sivananda Yoga
18:30-19:45 Yoga-for-the-Back
19:45-21:00 Yoga-for-the-Back

Friday: 18:45-20:25 Total Sivananda

**Kirchberg Location
D'Coque**

Wednesday: 13:00-14:00 Yoga-for-the-Back

Friday: 13:00-14:00 Yoga-for-the-Back
For EU functionaries and employees only

**Yoga Schedule - Winter Term
(Sep 13 – Dec 10, 2010)**

Certain classes will not take place due to special holidays and workshops. Check our Google Calendar on our schedule webpage.

You may start any time during the term.

**All prices below include 15% TVA
(non-transferable, non-refundable)**

Term Prices vary this trimester due to irregular holiday dates and workshops scheduled. Please refer to the prices indicated in the table on our schedule webpage.

www.yoga.lu/pages/eng/schedule_prices2.shtml

Price by class (term students have space priority):

15 € - most classes
19 € - 2 hr Monday Total Ashtanga
12 € - 1 hr classes (Pregnancy Yoga)

2nd class taken the same week:

10 € off term price
12 € - all classes

1 hour massage - 65 €

"Opening to the Self" - 60 € per hour.
Sessions may run up to 3 hours long.