

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



Practicing Yoga since 1986
Co-founder of La Source
Certified Sivananda Yoga Teacher
"Yoga Siromani" (1990)
"Yoga Bhaskara" - (2007)
Hatha yoga training: Manju Jois
Certified Nidrā yoga teacher

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."

"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."

Spring 2012 Term Schedule

April 16 – July 13, 2012, no class May 1, 17, May 28-June 2
You may start at any time.

Monday 9:30 Sivananda - Walferdange (Fredric)
Monday 12:15 Ashtanga - City (Denise)
Monday 12:45 Sivananda - Coque (Fredric)
Monday 18:30 Sivananda - City (Claudia)
Monday 18:40 Back class - Walferdange (Eva)
Monday 19:00 Integral Sivananda - City (Fredric)
Monday 19:30 Ashtanga Intensive - Bereldange (Denise)
Monday 20:00 Sivananda - Walferdange (Eva)
Monday 20:10 Back class - City (Claudia)

Tuesday 9:45 Back class - Walferdange (Fredric)
Tuesday 18:30 Ashtanga - City (Denise)
Tuesday 18:30 Sivananda - Bereldange (Fredric)
Tuesday 20:00 Ashtanga - City (Denise)
Tuesday 20:00 Sivananda - Bereldange (Fredric)

Wednesday 10:30 Pregnancy - Walferdange (Denise)
Wednesday 12:45 Back class - Coque (Fredric)
Wednesday 18:30 Sivananda French - City (Denise)
Wednesday 19:00 Integral Sivananda - City (Fredric)
Wednesday 20:00 Ashtanga - City (Denise)

Thursday 9:45 Sivananda - Walferdange (Fredric)
Thursday 18:30 Back class - Walferdange (Fredric)
Thursday 19:00 Pregnancy - Bereldange (Denise)
Thursday 19:45 Back class - Walferdange (Fredric)
Thursday 20:05 Ashtanga – Bereldange (Marta)

Friday 10:15 Ashtanga - City (Denise)
Friday 12:15 Sivananda French - City (Denise)
Friday 12:45 Back class for EU only - Coque (Fredric)
Friday 18:45 Integral Sivananda - Walferdange (Fredric)

Saturday 9:15 Back class – Walferdange (Fredric)

Centre de Yoga La Source



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

**Luxembourg
Kirchberg
Bereldange
Walferdange**

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

Tel: 33.34.19
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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)



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.

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.

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.

PREGNANCY YOGA

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 10:30 - 11:30

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. A full day Saturday workshop is given once or twice a term and is listed on our "upcoming events" webpage.

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)

