



Karolina Macková - Hatha Vinyasa Yoga

Karolina completed her first teacher training in 2015 in Rishikesh, India. She further expanded her education in 2021 enrolling in Brown university to study the *Mindfulness Based Stress Reduction approach* and a year later she completed the 500hrs advanced Yoga teacher training in the *Nepal Yoga Academy* under the guidance of renowned guru Dr Chintamani Gautam. The strong base of all Karolina's sessions is her knowledge of original yogic and Buddhist practices and philosophy, but made accessible through modern approaches and up-to-date scientific research of the human mind and body.

She teaches dynamic Hatha Vinyasa or slow Yin and Restorative sessions. In her classes, she likes to focus on the *mind-body connection* and truly bring her students into the present moment. She likes to play with creative transitions between asanas to make every class a truly unique experience. Karolina works with the flow of energy in our body and uses the beautiful healing sounds of *Tibetan Bowls and The Handpan instrument*.

Karolina's class can last 60/75/90 minutes and usually consists of gentle breathwork and a mindfulness exercise, followed by slower warm-up, leading to the main dynamic flow (in the case of Yin and restorative classes the tempo stays slow the whole time) and finished by guided relaxation in Savasana.

She always works according to the wishes and experience levels of the group. Any part of the described class can be taken out or adjusted to best fit your needs. Karolina speaks perfect English and Czech, intermediate Italian and Spanish

Cost:

Price for 60/75/90 minutes lesson: 90€ up to 10 people (10€ for every additional person)