

## Marilina Razzi – Raja Yoga

Marilina began her training with teachers of Satyananda Sarasvati, and subsequently followed the raja yoga of Patanjali, training with I.I.R.Y. She studied Ayurvedic massage and Panchakarma techniques; Foot Reflexology, Reiki, Natural Health and Bach Flowers. Dance, Movement Theatre, Dance Therapy and Meditative Dance.

For 40 years she has been conducting individual and group sessions with creativity, care and awareness, where yoga, movement and the arts are a tool for rebalancing, exploration and inner evolution.

Marilina speaks basic English. She can conduct 1hr sessions in English, or themed experiential retreats in which different practices are used and where mainly Italian is spoken.

### **Cost:**

Yoga: 60/90min lesson €40-80 for 1-10 people

60/90/min Ayurvedic Massage: €70-110 depending on options chosen

40/50min Reflexology: €60 each, or €150 for 3 sessions

40/50min Reiki: €90 for 3 sessions

Integrated massage (using different techniques, combining natural health indications)